

WHAT ARE HALLUCINOGENS?

Hallucinogens are a type of drug that alter the user's perception of the world around them. They cause sensations and images that might seem real even though they are not. Hallucinogens are illegal drugs and can be found in many different forms.

TYPES OF HALLUCINOGENS



LSD

LSD stands for "lysergic acid diethylamide." It is manufactured from ergot, a fungus that can be found on rye and other grains. LSD is odorless, colorless, and tasteless. A dose the size of a grain of salt can cause hallucinogenic effects. Often LSD is sold on blotter paper, paper cut into tiny stamps in small tablets. Some common street names are acid, blotter acid, mellow yellow, or window panes.



PSILOCYBIN MUSHROOMS

Psilocybin are small brown hallucinogenic mushrooms found in the Americas and parts of Europe. These mushrooms often grow in manure. They are typically dried before being sold. Street names include magic mushrooms, shrooms, or simply mushrooms.



PEYOTE

Peyote is a cactus native to Mexico and the southwestern United States. The heads or "buttons" of the cactus are eaten, and are extremely bitter. Most people feel nauseated before they feel the hallucinogenic effects. Other names are green/black button, peyoto, or simply cactus.



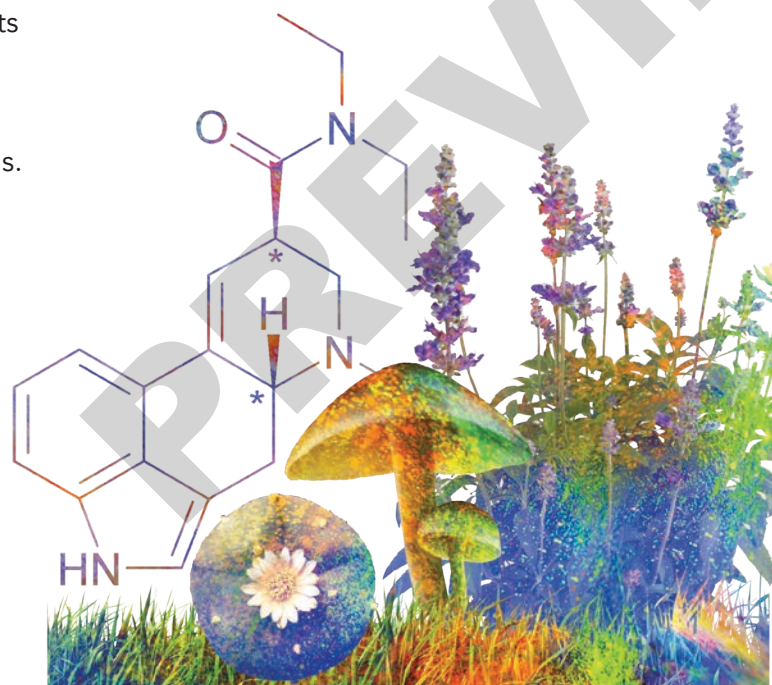
SALVIA

Salvia is a plant that looks somewhat like mint and is native to southern Mexico. It is known for being the most potent naturally occurring hallucinogen, although its effects hit hard and fast but fade quickly. It can be ground up and smoked or made into a type of tea. It's described as being similar to LSD in its effects. Some other names include Maria Pastora, Sally-D, or diviner's sage.



PCP

Phencyclidine, or PCP, was tested in the 1950s as an anesthetic, but the mental affects were too upsetting to patients. Today it has no legitimate uses. PCP is both a hallucinogen and a stimulant, causing an intense, sped-up feeling. PCP may be a white, tan, or brown powder or a gummy blob. It is sold in capsules, powder, or liquid. Other names include angel dust, embalming fluid, or rocket fuel.



RESOURCES

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

National Institute on Drug Abuse

www.drugabuse.gov/publications/drugfacts/hallucinogens

in the know

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HALLUCINOGENS

STAY RIGHT IN YOUR MIND



STAY IN YOUR RIGHT MIND

The effects of hallucinogens can last up to 12 hours. When things go wrong, which often happens, it is called a "bad trip" — another name for a living nightmare. Hallucinogens make the user do things they don't really want to do or think things they don't normally think. Users feel terrified or suffer from mental anguish. They lose all sense of reality and self. Users can be frightened into suicide.

HALLUCINOGENS IN THE BRAIN

LSD alters serotonin's actions, influencing mood. Serotonin comes from an area of the brain stem that regulates functions like breathing and heart rate. Hallucinogens affect either *norepinephrine*, slowing heart rate and breathing, or *dopamine*, impacting mood and pleasure. PCP interferes with the brain's internal communications.



SHORT-TERM EFFECTS

Many users suffer from "bad trips" that produce terrifying and overwhelming thoughts and feelings of anxiety and despair. The problem with drug trips is that they are anything but predictable.

- *Visual, auditory, spatial, and tactile hallucinations*
- *Dizziness and sleeplessness*
- *Impulsiveness and fast emotional shifts that can range from fear to euphoria*
- *Increased blood pressure, heart rate, and body temperature*
- *Loss of appetite, dry mouth, and sweating*
- *Dilated pupils*
- *Numbness, weakness, tremors*
- *Extreme anxiety*
- *Nausea*
- *Distorted sense of time and space*

LONG-TERM EFFECTS

Long-term effects of repeated hallucinogen abuse can negatively impact the user's mental health. A condition called Hallucinogen Persisting Perception Disorder (HPPD) can form, which causes permanent hallucinogenic effects such as flashbacks, auras, and spots in vision.

- *Disorganized thinking*
- *Mood disturbances / Paranoia*
- *Visual disturbances*
- *Memory problems*
- *Depression*
- *Anxiety*
- *Schizophrenia*

PCP IS A NIGHTMARE

PCP (phencyclidine) is a dissociative drug, which means it causes the user to feel separate from their body and their surroundings. PCP's effects include:

- *Intoxication and feeling disconnected from reality*
- *Numbness and a loss of coordination*
- *Extreme paranoia and violent behavior*
- *Auditory and visual hallucinations*
- *Increase of heart rate, blood pressure, breathing rate, and body temperature*
- *Depression and anxiety, which can lead to suicide*
- *Kidney failure, heart arrhythmias, seizures, and death*



A TRIP TO INSANITY

Hallucinogens can take control of your mind, causing irreversible damage, and psychological dependence. Hallucinations can also cause users to act out violently, injuring or killing others or themselves.

Do yourself a favor and stay away from these terrifying drugs.

**STAY IN YOUR
RIGHT MIND**



**AND AVOID
HALLUCINOGENS.**