

LSD

Risks and Safer Use

Risk of mental health problems

Avoid if prone to mental health problems

Only use infrequently

Don't use when experiencing episodes of poor mental health

Allow lots of time for recovery

Don't use other psychoactive compounds along with LSD, especially anti-depressants or psychiatric medication.

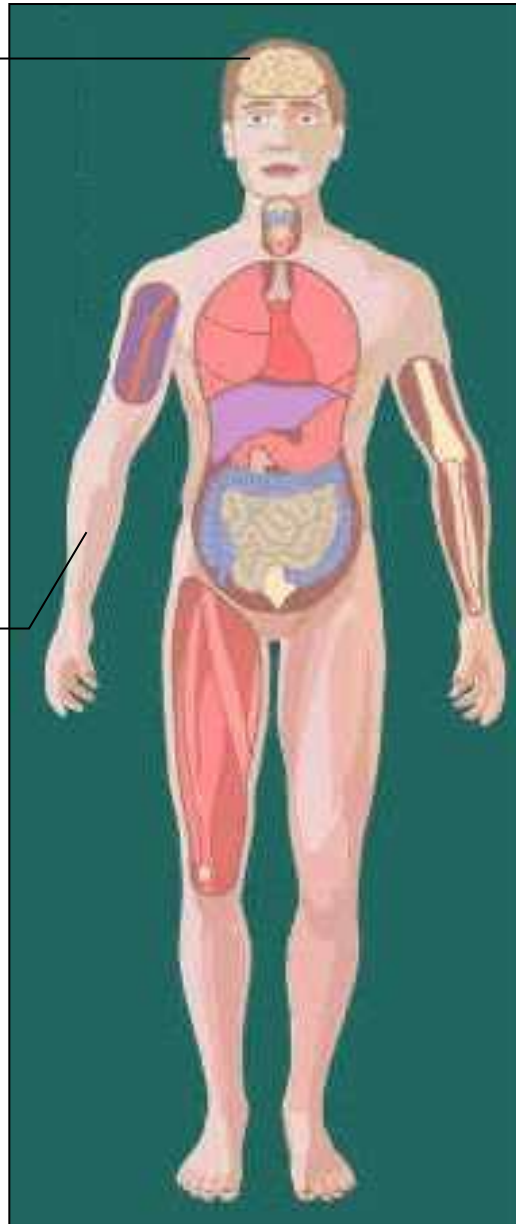
Accident risk:

Don't use in high-risk environments

Have sober friends to hand

Do NOT attempt to drive while or after using LSD

LSD is long acting: allow time to recover before such activities



LSD Strength

only use a small amount initially

If unsure of strength or unused to LSD use as little as quarter of a tab to ascertain strength

Allow time for acid to work before taking more

Trip Safety

Plan use – where, when and who with.

Don't use when feeling tired, anxious or in low mood

Use in a safe place with trusted friends

At least one friend should not use and can act as a guide if trip becomes scary or seek help.

Don't fixate on negative thoughts or triggers

Guides can reassure, distract and help ground distressed trippers.