Magic Mushrooms
Harm and Reduction

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 Mushrooms

Mushroom Poisoning:

Buy a good guide book and learn how to identify mushrooms.

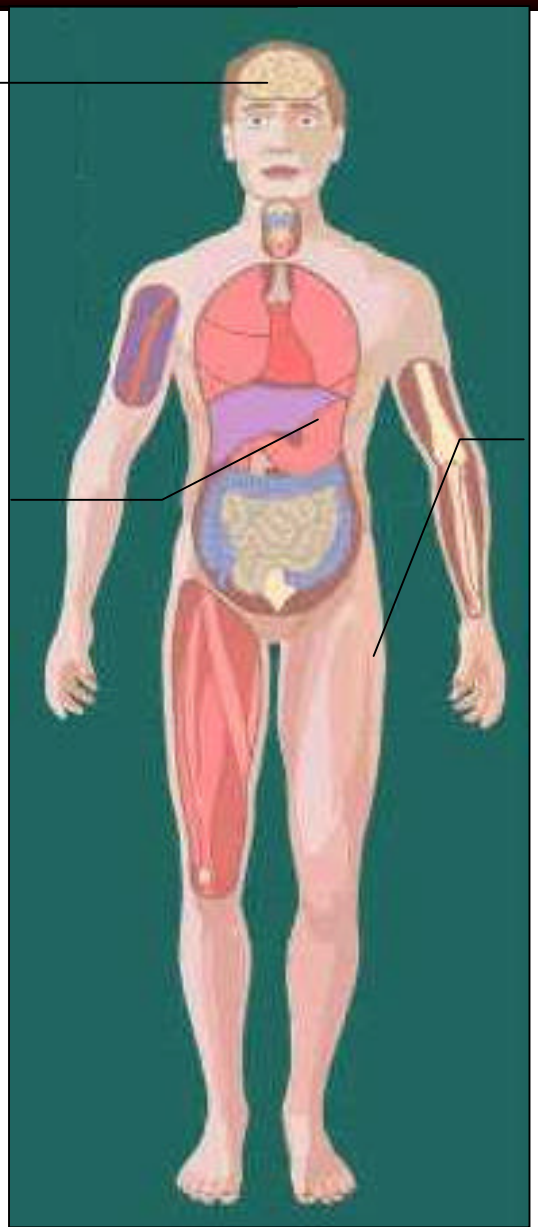
Ideally look for mushrooms with a friend who knows what to look for

Clean cow pat of mushroom before eating

Unsure that a mushroom is safe? Leave it alone!

Be very careful getting mushrooms from other people – they may have made a mistake

Diarrhoea, stomach cramps, bad nausea – go to hospital and take sample of mushrooms with you



Mushroom Strength

Take a small number to start with

Don't use more in first hour – allow them to start working

Be careful with Mushroom Tea – it will get stronger the longer it brews so the dregs are stronger than the first cup

Accident risk:

Don't use in high-risk environments

Have sober friends to hand

Do NOT attempt to drive while or after using mushrooms

Trip Safety

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

Use in a safe place with trusted friends

Have trusted friends who can act as a guide if trip becomes scary

Don't fixate on negative thoughts or triggers