

# LSD

## 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 LSD**

### **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 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**

**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**