

PROTECT YOURSELF

Before considering any substance:

- Learn the facts from trusted sources
- Understand local laws and regulations
- Avoid mixing substances
- Be aware of mental health risks
- Talk with a healthcare professional
- Never use substances to self-treat mental health conditions

Some psychedelics may have legitimate medical uses under professional supervision, but self-medication can be dangerous.



HEALTHIER CHOICES ARE POSSIBLE

If you or someone you know is struggling with substance use:

- SAMHSA National Helpline
1-800-662-HELP (4357): Free, confidential, 24/7
- FindTreatment.gov
- Talk with a healthcare provider, counselor, or trusted adult

Awareness, education, and informed decisions can save lives.

TEST YOUR KNOWLEDGE!

1. Because a psychedelic drug is being studied for medical use, it is safe for everyone.
A. True B. False
2. Psychedelic drugs can alter perception, mood, and thinking.
A. True B. False
3. Some psychedelics are legal in certain states or medical settings.
A. True B. False
4. Psychedelics can worsen mental health symptoms in some individuals.
A. True B. False
5. A positive experience for one person guarantees a positive experience for another.
A. True B. False

Answers: B, A, A, A, B

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PSYCHEDELICS

PSILOCYBIN, LSD, MDMA, KETAMINE, IBOGAINE, AND RELATED SUBSTANCES



STAY SAFE SERIES

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THE CONVERSATION IS CHANGING.
THE RISKS REMAIN REAL.

WHAT ARE PSYCHEDELIC DRUGS?

Psychedelic drugs are substances that alter perception, mood, thinking, and sensory experiences.

Some psychedelics are being studied for medical purposes and may be legally used in certain states or clinical settings. However, these substances can still pose significant risks, especially for youth and individuals with mental health vulnerabilities.

Common psychedelic substances include:

PSILOCYBIN

A naturally occurring compound found in certain mushrooms that can cause changes in perception, mood, and thinking.

LSD

A powerful synthetic hallucinogen that can produce intense sensory distortions and altered awareness.

MDMA

A synthetic drug that can increase feelings of emotional closeness, energy, and empathy while also affecting brain chemistry.

KETAMINE

A dissociative drug used medically for anesthesia and, in some settings, for treatment-resistant depression.

IBOGAINE

A naturally occurring psychoactive substance that is sometimes promoted for addiction treatment but can carry serious medical risks.

Just because a substance is being researched or used medically does not mean it is safe for everyone.



PSYCHEDELIC DRUGS CAN AFFECT ANYONE

Many people are exposed to positive messages about psychedelics through:

- Social media
- Online influencers
- Music and entertainment culture
- Claims of personal growth
- Mental health discussions
- Stories of therapeutic success

While some individuals report benefits, outcomes vary widely and risks should not be ignored.

SHORT-TERM EFFECTS

Use of psychedelic drugs may cause:

- Hallucinations
- Altered perception of time
- Confusion
- Impaired judgment
- Anxiety or panic
- Increased heart rate
- Nausea or vomiting
- Loss of coordination
- Accidental injury

Some individuals may experience frightening or overwhelming reactions commonly referred to as a "bad trip."

LONG-TERM EFFECTS

Repeated use or vulnerable individuals may experience:

- Persistent anxiety
- Depression
- Memory and concentration problems
- Sleep disturbances
- Relationship difficulties
- Academic or work problems
- Substance misuse issues
- Hallucinogen Persisting Perception Disorder (HPPD)
- Worsening of underlying mental health conditions



RAJANA'S STORY

Rajana was a 17-year-old high school student who heard online that psychedelic mushrooms could help with stress and self-discovery.

Since she saw people discussing positive experiences, she assumed they were completely safe.

During one experience, Rajana became extremely anxious and frightened. She felt disconnected from reality and believed people were trying to harm her.

Although the effects eventually wore off, the experience left her struggling with anxiety for several months.

With support from her family and mental health professionals, Rajana was able to recover and learn healthier ways to manage stress.

Rajana now reminds others that psychedelics can affect people very differently and should never be viewed as risk-free.

