



* **REMEMBER:** A person's experience with any drug can vary. There are a number of things that have an impact on person's experience with a drug including but not limited to: the amount and strength of the drug consumed, the setting in which the drug is used, a person's mood or expectations prior to using the drug as well as the person's past experience with that drug.

- LSD (lysergic acid diethylamide) is also known as "cid", "blotter" and many other names. It is a hallucinogenic drug that comes from a substance found in a fungus that grows on grains.
- In its pure form, it is an odourless liquid or crystal powder. When prepared for the street, it is often mixed with coloured substances and sold in capsules, tablets or liquid form. The liquefied form is usually dropped on a small piece of blotting paper that may resemble a stamp or tiny picture.
- LSD is usually taken by mouth but can also be inhaled or absorbed through the skin or mucous membranes. LSD can also be injected.
- The effects of LSD are felt within an hour and can last as little as two and as long as 12 hours. The LSD experience is unpredictable and can range from pleasant to frightening.

Short term effects may include:

- dilated pupils
- loss of appetite
- dizziness
- nausea, chills, sweating
- increased heart rate, blood pressure, body temperature and rapid breathing
- intensification or merging of senses
- feelings of power, rapid mood swings and bizarre behaviours
- time distortions, illusions or hallucinations that may be pleasant or frightening ("bad trip").

Acid/LSD Continued.....

Long term effects may include:

- decreased motivation
- panic
- irrational behaviour
- permanent distortion of reality
- depression

Other Dangers:

- Some people may experience "flashbacks" after using LSD. A flashback is re-experiencing the drug effects without having taken the drug again. These are reported
- to happen days, weeks and sometimes years after LSD use. At this point research on why flashbacks occur is inconclusive.
- Physical dependence on LSD does not appear to occur but psychological dependence may. Tolerance develops rapidly to LSD.
- LSD may cause birth defects when taken by a pregnant woman.
- LSD, like other street drugs may contain unknown substances with additional risks.
- On rare occasions a psychotic experience may be triggered or mental health problems may worsen for people who are already experiencing problems in that area.

*** Is my use of alcohol or other drugs a problem for me? If you are wondering whether your use of alcohol or other drugs may be causing problems for you and would like to speak to an AFM Youth Counsellor you can call us at (204)944-6235 for more information.**