



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.

- Mushrooms contain psilocin (4-hydroxy-N,N-dimethyltryptamine) and psilocybin (4-phosphoryloxy-N,N-dimethyl-tryptamine) which are hallucinogens similar to LSD.
- Mushrooms are usually eaten in dried form. Psilocybin can also come in white powder form.
- A typical dose is usually between 5 mg to 60 mg. Strength will vary so one strong mushroom may be equivalent to many weaker ones. Users may feel the effects after about 30 minutes and they can last from 2 to 6 hours.

Short term effects may include:

- feelings of relaxation or fatigue
- feelings of separation from surroundings
- mood swings i.e. euphoria or anxiety
- altered sense of space, time, and consciousness
- feelings of heaviness or lightness
- changes in thinking, mood, sight, hearing, and touch
- enlarged pupils
- numbness of tongue, lips or mouth
- mild increase in blood pressure, heart rate and breathing
- light headedness, dizziness, abdominal discomfort, nausea, shivering or sweating, yawning, flushing, jitteriness

Long term effects may include:

- There has been insufficient research on long term effects of the use of magic mushrooms.

Magic Mushrooms continued.....

Other Dangers:

- There is a real danger of mistaking poisonous mushrooms for those with psilocybin as they are not easily identified. These other mushrooms can cause numerous problems including liver or kidney damage that can be lethal within hours of ingestion.
- Mushrooms can be laced with LSD or PCP.
- On rare occasions, a psychotic experience can be triggered or symptoms may worsen in a vulnerable person i.e. someone with a family history of mental illness or someone who is already psychotic.
- Users may experience a "bad trip" i.e. acute anxiety and fears.
- Users may become psychologically dependent; however mushrooms are not known to cause physical dependence.

* 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.