

Drug Free Adams County

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Drug Free

Adams County
Rays of Hope for a Better Tomorrow

Steer Clear of (Mu)shrooms

Psychedelic Mushrooms, also known as magic mushrooms or “shrooms”, have been in the news recently. Voters in Oregon legalized psilocybin, the active ingredient in psychedelic mushrooms, and voters in Colorado decriminalized its use. Ingestion of mushrooms containing psilocybin produces hallucinogenic effects, and is used as a recreational drug, typically among adolescents and young adults.

What Are They?

Psychedelic mushrooms are either fresh or dried and are typically brewed as a tea, covered in chocolate, or mixed with food to help hide their bitter taste. Manufacturers also prepare them in capsule form. They can also be mixed with cannabis or tobacco and smoked. Mushrooms containing psilocybin are small and usually brown or tan.

Common Side Effects

Once consumed, psilocybin’s hallucinogenic effects, or “trip,” usually begin within 30-45 minutes of ingestion and can last up to six hours. When “tripping” on psilocybin, users experience an altered sense of time and space, along with intense changes in mood and feeling. Behavior may become strange and erratic, potentially including overwhelming emotions and bouncing thoughts that cause users to become a danger to themselves. Additional possible effects include: euphoria; distorted thinking, confusion and paranoia; inability to effectively speak or communicate, or talking nonsense; visual alteration and distortion, such as halos of light and vivid colors; dilated pupils; nausea and vomiting; numbness in the face; dizziness; twitching; and loss of basic motor skills.

The effects of psilocybin do not always end when the “trip” is over. Ongoing anxiety and a loss of reality may continue. Traumatic flashbacks may also occur several days, months, or even years after use. Psilocybin mushroom use can trigger underlying mental health disorders, intensify current mental health conditions, and lead to psychosis.

**Warn your children about the dangers of this hallucinogenic drug,
and advise them to steer clear.**

For more information, please visit our website: www.DrugFreeAdamsCounty.org