



## LSD-: Basics

Other names: Acid, Tabs, Blotters, Cid, Trips, Drops, and Liquid

- LSD usually comes as little pieces of paper or tiny microdots which are put on the tongue. It can also come as a liquid or on any absorbent material.
- The longer LSD is exposed to air the weaker in strength it becomes
- A single dose of LSD may last anywhere between 2 and 12 hours depending on the strength of the LSD, and the size of the person (the smaller the person the stronger the effect)
- As with other street drugs it is impossible to know how strong one dose will be.
- A small dose may last 2-3hours, whilst a large dose may last 12hours

### The effects:

- LSD is a hallucinogenic drug
- The effects of hallucinatory drugs such as LSD can be difficult to predict
- The effects depend a lot on the users state of mind
- LSD can cause visual distortions, typically brighter colours and coloured patterns and shapes
- Emotions may change rapidly
- Unusual thoughts and speech may occur alongside feelings of confusion and disorientation
- Some people experience bad trips with overwhelming and unwanted feelings lasting for several hours. They may well feel panicky, suspicious or frightened.



### Risks

- Once a trip start, it cannot be stopped. Some trips can be negative and therefore terrifying
- Some people suffer from flashbacks after the trip

### Flashbacks:

- A flashback is when our mind suddenly and unexpectedly jumps back to an experience we have had during an LSD trip
- If that experience was unpleasant or traumatic then this can leave the person feeling confused and disturbed.

### Legal status

Please refer to <http://www.release.org.uk> where information is kept up-to-date

### Need more advice

[www.drugscope.co.uk](http://www.drugscope.co.uk)

[www.talktofrank.com](http://www.talktofrank.com)



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## Harm Minimisation

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Choose a place and a time where you will feel comfortable

It can be helpful to prepare yourself mentally for using LSD by relaxing, and trying to have a particular intention for the experience

People who have a family history of schizophrenia or other serious mental illness should avoid using hallucinogens such as LSD

Because LSD is a hallucinogen the user can easily become confused by their surroundings or the people around them. This can and does increase the risk of accidents, for example, if the user believes they are walking down a path through a meadow, when, in fact, they are actually walking down a road. Again, it is useful to have someone who is not using to watch out for you

Be prepared to encounter unpleasant or frightening mental states by having someone who is not using the substance watch out for you