

## Mushrooms - : Basics

Other names: *Magic mushrooms*, *Shrooms*, *Mushes*

- The two most commonly used magic mushrooms are Fly Agaric and Liberty Cap
- Both grow wild in the UK through the autumn
- These mushrooms have an hallucinogenic (trippy) effect on users like LSD but not as long lasting, nor as strong
- Mushrooms are normally eaten raw, dried or cooked in food.



### The effects

- The user will experience a trip and will hallucinate.
- Sounds and colours may become more intense or form into patterns
- The effects will depend on the strength of the mushrooms with all mushrooms varying in strength

### Risks

- Stomach upset / vomiting
- Danger of eating poisonous varieties of mushrooms
- As with LSD unpleasant trips can involve frightening distortions of reality

• 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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## Mushrooms - : More Information

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### Strength of mushrooms

- The psychoactive chemicals (the chemicals that cause the high) in magic mushrooms are psilocybin and psilocin (Liberty Cap) or ibotenic acid (in Fly Agaric)
- The amount of these chemicals in the mushrooms varies a lot, and is determined by the conditions of the soil and weather, as well as how old the mushroom is, and how large it is

### Fly Agaric (*Amanita Muscaria*)

- Fly Agaric is a strong psychoactive mushroom
- It is not eaten raw, but usually oven-dried or hung up to dry out
- Users take between 1 and 3 Fly Agaric mushrooms per dose, 3 mushrooms being a strong dose

### Liberty Cap (*Psilocybe semilanceata*)

- Users may use dried Liberty Cap mushrooms, or use them raw, in tea, or in food.
- The strength of Liberty Cap mushrooms varies (see below), so users opt for 10-30 raw mushrooms per dose

**Driving** is dangerous on this substance

For further information please refer to

<http://www.brake.org.uk/index.php?p=913>

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

<http://www.rta.nsw.gov.au/roadsafety/drinkdriving/drugs/index.html>

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## Harm Minimisation

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Eating mushrooms on an empty stomach may cause the dose to feel stronger and faster acting

As with other hallucinogenic drugs (like LSD) mushrooms can make some people feel quite nervous, agitated, or disturbed. It is good to have someone who is not using the substance to watch out for a first-time user in case they become upset or overwhelmed by unpleasant experiences

Anyone who has experienced psychiatric or mental health problems should consider avoiding using hallucinogenic drugs as they are known to make some people's problems worse