

Drinking alcohol or taking drugs while you are pregnant could cause:

- Miscarriage
- Going into labour early
- Low birth weight

Drinking alcohol or taking drugs while you are pregnant or breastfeeding may also cause your baby to suffer from:

- Drug addiction
- Sudden infant death syndrome (SIDS)
- Attention and/or learning difficulties
- Facial abnormalities
- Damaged organs and limbs

If you, a family member, or a friend want 'Help and support' turn to the back page.

Possession, use and distribution of hallucinogens is illegal within Australia.

Help and support

DirectLine

Tel: 1800 888 236

24 hours, 7 days a week

Confidential AOD counselling and referral line

Family Drug Help

Tel: 1300 660 068

Monday to Friday 9am-9pm

Youth Support & Advocacy Service

Tel: 1800 014 446

24 hour toll free service

Service for people aged 12 – 21 years

Turning Point Alcohol & Drug Centre

Tel: 03 8413 8413

Victorian Aboriginal Legal Service

Freecall: 1800 064 865

Harm Reduction Victoria

Tel: 03 9329 1500

Australian Drug Foundation

www.druginfo.adf.org.au

Victorian Aboriginal Community Controlled Health Organisation

Tel: 03 9411 9411

www.vaccho.org.au

Read more about other drugs within your community in the *Healthy Spirit, Healthy Community* booklet, available at vaccho.org.au.



A guide to hallucinogens within our community



Healthy Spirit, Healthy Community



australian
drug FOUNDATION



Hallucinogens

Street names

LSD (Lysergic acid diethylamide): acid, trips, tabs, microdots, dots.

Magic mushrooms: shrooms, mushies, blue meanies, golden tops, liberty caps.

Mescaline (peyote cactus): cactus, cactus buttons, cactus joint, mesc, mescal.

LSD

In its pure state, LSD is a white odourless powder. However, it usually comes in squares of gelatine or blotting paper that have been dipped or soaked in LSD. LSD is sometimes sold as a liquid, tablets or capsules.

LSD is usually swallowed, but it can also be sniffed, injected or smoked.

Magic mushrooms

There are many different types of magic mushrooms. The most common ones in Australia are called golden tops, blue meanies and liberty caps. Magic mushrooms look similar to poisonous mushrooms that can cause you to become very sick and die.

Magic mushrooms are usually sold as dried mushrooms, a powder or as capsules.

Mushrooms are often eaten fresh, cooked or brewed into a tea. They are sometimes mixed with tobacco or yarrdi, and smoked.

Mescaline (peyote cactus)

Mescaline is the active ingredient of the peyote cactus plant. It is also known to be made synthetically in a lab.

In its pure form, mescaline sulphate is a white crystal-like powder. Synthetic mescaline can come in different colours. The peyote cactus contains 'buttons' that can be cut from the root of the plant and then dried before eating or smoking them.

Effects of hallucinogens

The effects of hallucinogens can last for four to 12 hours and can be different depending on which type of hallucinogen you have used.

Hallucinogens also affect everyone differently, but you may experience:

- Feeling happy and relaxed
- Seeing and hearing things that aren't there
- Confusion and trouble concentrating
- Dizziness
- Blurred vision
- Clumsiness
- A fast or irregular heart beat
- Breathing quickly
- Vomiting
- Sweating and chills
- Numbness

Bad trips

Sometimes you can have a 'bad trip' and experience a scary or disturbing hallucination. This can lead you to panic and do risky things like run across a road or attempt suicide, even though what scared you isn't really there.

If you have a lot (or get a strong batch), you are more likely to experience the negative effects of hallucinogens.

In an emergency

Call triple zero (000) if someone looks like they've had hallucinogens and are in trouble. Ambulance officers don't have to involve the police. While you wait for help to arrive:

- Stay with the person and try to keep them calm
- Make sure they have enough air and loosen tight clothing
- If they lie down, put them on their side in case they vomit

Coming down

In the following days after using hallucinogens, you may experience:

- Anxiety
- Panic attacks
- Depression

Long term effects

The most common long term effect of using hallucinogens are 'flashbacks'. Flashbacks are when you experience the drug's effects weeks, months or even years after you have taken the drug.

This can be disturbing because you aren't expecting the hallucination, especially when the hallucination scares you.

Flashbacks can be brought on by the use of other drugs, stress, fatigue or physical exercise.

Mixing hallucinogens with other drugs

The effects of taking hallucinogens with other drugs – including over-the-counter or prescribed medications – can be unpredictable and dangerous.

Hallucinogens + Ice, Speed or Ecstasy = enormous strain on the heart and body, which can lead to a stroke.

Hallucinogens + Alcohol, Yarrdi or Benzos = increased chance of risky behaviour and vomiting.

Pregnancy and breastfeeding

Having a baby is a time of great change. If you are thinking about having a baby, pregnant or breastfeeding, it's important to consider the types of drugs you might be taking and how they could affect your baby. This is important because alcohol and other drugs you take will reach your baby while you are pregnant and breastfeeding.