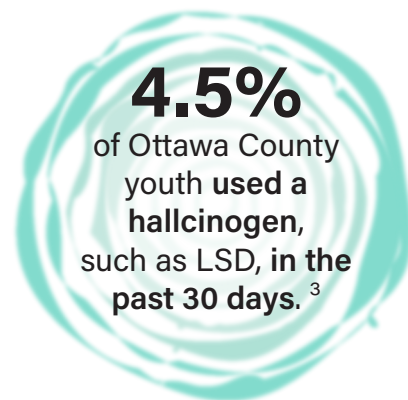


KNOW THE FACTS ABOUT LSD

and how it affects a teen's life

THE RUNDOWN

- LSD (D-lysergic acid diethylamide) is the most common hallucinogen. It can cause a person to see vivid images, hear sounds, and feel sensations that seem real but are not.^{2,3}
- LSD is also known as acid, blotter, dots and tabs, trips, microdots, and Lucy.^{1,2}
- Frequent forms: tablets, capsules, or thin square of gelatin (window panes) or on blotter paper. Most often, LSD is licked off blotter paper or taken by mouth. It is a clear or white odorless substance with a slightly bitter taste.^{2,4}



LSD is uNpReDiCtAbLe.

Dose, personality, mood, expectations, and situation can change how LSD affects someone.

THE RISKS

Short-term effects:^{1,4}

- dilation of pupils
- confusion and trouble concentrating
- headaches
- nausea
- fast or irregular heartbeat
- increased body temperature
- breathing quickly
- vomiting
- facial flushes, sweating and chills.
- rapidly changing emotions or multiple emotions at one time
- In large doses, perceptual changes can occur, such as visual and auditory hallucinations of things that are not present

Bad Trips

Sometimes a person may have a "bad trip", and may experience terrifying thoughts, feelings, and fears that can lead to panic and risky behavior, like running across a road or attempting self-harm.^{1,4}

Long-term effects

Serious psychiatric conditions can develop after even one use of LSD.

- **Drug-induced psychosis**—Psychosis is a serious condition in which the person has lost the ability to recognize reality, think rationally, or communicate with others.³
- **Hallucinogen-persisting perception disorder (HPPD)**—remembering some of the sensory distortions that occurred while using LSD before.⁴
- Repeated use requires higher doses to achieve the same effect (tolerance).^{1,4}

SIGNS OF USE

- dilated pupils
- sweating
- nausea
- uncoordinated movements
- tremors
- sleep problems
- panic, paranoia and psychosis.^{1,4}
- have small squares of blotter paper (sometimes stamped with cartoon characters).⁴



NEED HELP?

If LSD is affecting your health, family, relationships, work, school, financial or other life situations, contact Arbor Circle: (616) 396-2301

¹<https://adf.org.au>

² www.drugfree.org

³ www.ottawacountyyouth.org

⁴ www.uofmhealth.org