

PSYCHEDELICS

The need to know for popular drugs, what they do now and what they can do for mental health.

PSILOCYBIN

other names: magic mushrooms

fact 1: first-time use recommend taking in a quiet, calm, and comfortable place.

symptoms can include: mental looping, hallucinations, visual alteration and/or distortion, and nausea.

fact 2: currently there is promising research to use a treatment for major depressive disorders.



MDMA

other names: ecstasy or molly

fact 1: used as a psychotherapeutic tool in the 70s and 80s/

fact 2: after use, will experience post-trip crash

symptoms can include: extreme mood-lifting, increased energy, appetite loss, short-term memory scramble/loss

LSD

appearance: looks like small squares of paper, but also available in pills, liquid, and power.

fact 1: no notable withdrawal syndromes

fact 2: develops rapid tolerance after 2-3 days of use

symptoms can include: increased energy, quickly changing emotions, anxiety, tensions, increase perspiration, and nausea.



FUTURE OF PSYCHIATRY

In the last 6 years, there has been an explosion of renewed interest in the use of drugs like psilocybin, LSD, and MDMA in the treatment of psychiatric disorders. MDMA is currently being researched for PTSD treatment and psilocybin is being researched for depression and anxiety treatment. These once stigmatized drugs are being researched by many notable institutions such as UCSF and John Hopkins.

Learn more about the specifics of how psychedleics are changing mental health treatment:

<https://www.hopkinsmedicine.org/psychiatry/research/psychedelics-research.html>