

# PSILOCYBIN MUSHROOMS



Psilocybin Mushrooms come under many different names within the New Zealand community, commonly known as Magic Mushrooms, Shrooms, Mushies, Boomers, Caps, Zoomer's as some examples.

Similar to Cannabis, Psilocybin Mushrooms are an 'all natural' way to get high, allowing the perception to form that this type of drug is safe and more socially acceptable than other synthetic types of substances.

Given New Zealand's booming ecosystem there are many different types of mushrooms with a similar presentation to psilocybin mushrooms growing in the wild, some dangerous and even life threatening with their poisonous qualities', meaning it's very easy to ingest the wrong type of mushroom.

Psilocybin Mushrooms come under psychedelic drugs, with hallucinogenic properties meaning they can alter your perception of reality, yourself and your surroundings. Interestingly there is no exact list of effects to this drug as there are many different types of psilocybin mushrooms, each inducing different feelings, experiences, and symptoms and when mixed with alcohol and other drugs the associated effects vary even more. Generally though the effects people use mushrooms to feel are:

- Euphoric
- Giggly
- Excess excitement
- Heightened spiritual feelings
- Increased connectedness and awe to surroundings and people around
- distortion to perception of time, place and self
- Experience an out of body experience
- Increased anxiety and paranoia

All types of psilocybin mushrooms will also induce vivid hallucinations (seeing things that aren't there), this can be either a good thing or a traumatic, deeply disturbing experience hence it's essential to be in tune with your feelings and mental state prior to taking this drug.

Long term effects to this drug are mainly influential on the individual's mental health. Like other psychedelic drugs (e.g. LSD) psilocybin mushrooms can cause the condition hallucinogen persisting perception disorder (HPPD) to form which is distressing and can have a drastic impact on day to day life.

In terms of mushroom effects on the brain, even after a single use there may be long term impacts. From the limited research done, significant findings show people are more positive up to a month after

a high dose of mushrooms and a good trip, in contrast a bad trip may leave them with increased anxiety, depressive thoughts and memory issues **long term** hence it's a risk to take such drugs.

Very intense emotional experiences usually occur under the influence rendering one's abilities in judgment, focus, and outlook on life to be impaired. It's important to consider these impairments in relation to one's duties at work and at home if planning to use.

Seek professional advice if you or someone you know is:

- Sourcing mushrooms from the environment without testing or knowing exactly what specie's the mushrooms are
- Feeling a dependency on using mushrooms to escape reality
- Experiencing a bad 'trip' on multiple occasions
- Noticing brain impairment for an extended period of time post drug use
- Having suicidal thoughts