

## What is LSD?

- Short for Lysergic Acid Diethylamide (LSD), it is an hallucinogenic or psychedelic drug.

## Effects

The LSD experience is usually described as a "trip" because it is like a journey to another place. Usually the user knows the effects to be 'unreal'. Genuine hallucinations are rare with LSD. This experience may be broken up into four 'phases':

**The onset-** Thirty minutes to an hour after being taken, colours appear sharper, moving objects leave traces behind them. Repeated patterns may be seen with eyes closed.

**The plateau-** Over the second hour, the effects become more intense. Patterns are visible with the eyes open. Fantastic visions can appear from nowhere - from shapes in smoke to lines on the palms of the hand.

**The peak-** Time is slowed almost to a standstill. Trippers may feel that they are in a different world. For some this is profound and mystical, but it can be very frightening for others.

**The comedown** - Five or six hours after taking the drug the sensations begin to subside. After eight hours, the trip is usually over, although some residual effects may remain after sleep.

## The problems associated with LSD

- LSD can trigger underlying mental problems and produce delusions, paranoia and schizophrenia-like states.
- It can also produce extreme anxiety states or panic attacks, not only while under the influence of the drug, but even for some time after.
- LSD use may result in changes in the personality of the user.
- LSD can impair judgement. Users should not drive or operate machinery while under the influence of LSD.