

Hallucinogenic Mushroom Information

Definition

- Information on hallucinogenic mushroom use.
- Includes facts, myths, health risks, prevention, and trusted resources.

Health Information

Overview

- Some mushrooms have chemicals that cause hallucinations. Hallucinations are hearing, feeling, or seeing things that aren't there.
- These mushrooms are called hallucinogenic mushrooms, magic mushrooms, or shrooms.
- They are dried or ground into powder, then eaten or drunk as tea.

Symptoms

- **Altered senses.** Colors seem brighter. Time passes differently. A person may see or hear things that aren't there.
- **Altered mood.** Some people feel more relaxed or happy. Others feel sad or anxious. Panic attacks and violent behavior can occur.
- **Altered thinking.** People can have memory loss or problems focusing.
- **Physical symptoms.** Nausea, vomiting, or feeling sleepy. People may feel sweaty, flushed, dizzy or have a fast heart rate.

Care Advice

1. Key Points

- Hallucinogenic mushrooms cause altered senses, mood and thinking.
- It's important to understand the health risks of hallucinogenic mushrooms.
- Here's some information that can help.

2. Health Risks

- Hallucinogenic mushrooms cause problems with behavior, concentration, and memory.
- Hallucinogenic mushrooms can trigger panic attacks or violent behavior.
- If young children accidentally eat hallucinogenic mushrooms, they can get very sick.
- Just like with alcohol, it's dangerous to drive after using hallucinogenic mushrooms. Reason: it affects your reaction speed, judgment and coordination.

3. Myths about Hallucinogenic Mushrooms

- **"Hallucinogenic mushrooms are natural."** Even though they are plants, hallucinogenic mushrooms can still be harmful.
- **"Using hallucinogenic mushrooms makes driving safer."** Hallucinogenic mushrooms affect your judgment, reaction time, and coordination. This makes driving after using them dangerous.
- **"Hallucinogenic mushrooms can improve your mood."** Doctors and scientists are researching whether hallucinogenic mushrooms can treat mood disorders. They are working to see if the chemicals in them help depression and anxiety. They are not FDA approved.

4. **Accidental Hallucinogenic Mushroom Ingestion in Children: Prevention**
 - Treat hallucinogenic mushrooms in the home like alcohol or medicine.
 - Keep them locked up, out of sight, and out of reach of children.
 - Don't use hallucinogenic mushrooms when you're taking care of children. Reason: it will make it harder to pay attention and keep them safe.
5. **Hallucinogenic Mushrooms and Teens: Prevention**
 - Talk to your teen about hallucinogenic mushrooms. Start discussions before age 14.
 - Set clear rules and expectations about hallucinogenic mushroom use. Avoid lecturing or anger .
 - Share the risks of using hallucinogenic mushrooms. Remind them using mushrooms can keep them from doing their best in school and sports. Share how it is dangerous to drive after using them.
 - Support your teen in making good choices. Let them know it's fine to say no or walk away.
 - Talk about ways they can resist peer pressure. Brainstorm or role play with them. Help them find the right words to say no.
 - Help them stay away from people and places with hallucinogenic mushrooms. Tell them you will always give them a ride home.
 - Listen to your teen's questions about hallucinogenic mushrooms. If you can't answer them, use one of the resources below.
6. **Trusted Substance Use Resources**
 - **U.S. National Substance Abuse Hotline.** 1-800-662-4357.
 - **The Canadian Centre on Substance Abuse.** Provides a list of addiction treatment helplines. <https://www.ccsa.ca/treatment-support-and-recovery>.
 - **National Poison Center.** 1-800-222-1222.

Call Your Doctor If

- You are concerned about your teen's hallucinogenic mushroom use
- You are concerned about your own hallucinogenic mushroom use
- You think your child needs to be seen
- You have other questions or concerns

Pediatric Care Advice

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