



**LSD**

**Acid, LDS, Tabs, Trips**

**Lysergic Acid Diethylamide**

# History

LSD was first introduced in 1938. In the 1950s and 1960s, it was used in counselling to assist the comeback of repressed and unconscious thoughts.

## Appearance



Sold as little squares of paper, usually with a picture, or sometimes as small pills called microdots. LSD can also be obtained in liquid form.

## Method of use

Swallowed or absorbed through the skin.

# Effects

LDS powerfully changes the senses and emotions, but its rare that people on acid see things that are not there, acid distors what already exists and makes people feel very differently about themselves and the world in general.

Acid starts working after about half an hour; its strongest for the first hour or two, its effects generally last 6-12 hours but sometimes much longer.

Colours are intensified. Shapes, sizes and time can become elastic and 'out of body' experiences are not uncommon.



**GDAS**

LSD can induce latent mental health problems and promote psychosis.

## Health

LSD is not physically addictive. it has no physically harmful effects and is not associated with dependency problems, since the effects dwindle if taken for a few days at a stretch until a point where no amount will be effective.

## Risks

A particular risk with LSD is that once its been taken, the user will have to cope with its effects. There is nothing that can be given to get rid of the effects quickly.

Some people experience flash backs, these are sudden and intense memory of a trip which can be seen as frightening and can occur long afterwards.



**GDAS**

# Harm reduction

Use with people you trust and can rely on.

If clubbing, take regular breaks, eat salty food to replace lost body salts and sip water, no more than 1 pint per hour.

If somebody collapses (eyes rolled back, erratic breathing, skin cold and clammy) call an ambulance and tell them what they have taken.