



For further information:

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Magic Mushrooms

Magic Mushrooms

Shrooms, Mushies, Magies, liberty caps

What do they look like?



**EATING THE
WRONG
MUSHROOM
CAN BE FATAL.
ENSURE YOU
KNOW YOUR
MUSHROOMS
BEFORE
ATTEMPTING
TO EAT ANY.**



What are they?

Magic mushrooms grow in certain places, known by some and are small and brown with pointed caps.

Magic mushrooms is the popular term for wild mushrooms that contain psychoactive drugs. They belong to a group of drugs, known as hallucinogens.

The main type of magic mushroom in the UK is the Liberty Cap mushroom. The psychoactive drug in these is psilocybin.

They can be eaten raw, dried, cooked in food, preserved in honey or stewed in tea.

What will they do to me?

The effects are similar to that of LSD (acid).

The effects usually begin in about an hour, and can last from 4 to 6 (maximum 8) hours.

People can experience hallucinations and/or disturbed perceptions of light and sound.

Users may experience a bad stomach-ache, sickness and/or diarrhoea.

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When do they become a problem?

- The main danger is eating the wrong type of mushroom. Some mushrooms which look like magic ones are very poisonous. Eating a poisonous mushroom can cause serious illness and even fatal poisoning.
- A bad trip may also happen, especially if you are already feeling anxious or depressed. A bad trip can be very frightening and once the trip has started it can be difficult to stop.
- Long-term mental health problems may be triggered by the use of hallucinogen drugs.
- After daily use for as little as three or four days, people build up tolerance. This means that no amount of the drug will produce the desired psychedelic effects. To feel them again, you need to have a break from them.

Staying safer

- You need to be careful when selecting mushrooms to avoid poisonous ones. Signs of poisoning include – cramp, diarrhoea, vomiting and breathing difficulties. Seek emergency help immediately if symptoms occur.
- Do not take mushrooms on your own. It is safer to have somebody there in case of poisoning or a bad trip.
- If you are feeling depressed then using hallucinogen drugs can sometimes intensify those feelings.
- Hallucinogenic drugs can bring out underlying mental

health problems, so if you are feeling vulnerable avoid them.

The Law

The new Drugs Act 2005 has changed the law so that now both fresh and prepared (e.g. dried or stewed) magic mushrooms are classified as Class A drugs.

Penalties

Possession: 7 years' imprisonment or a fine or both.

Supply: life imprisonment or a fine or both.

Production: life imprisonment or a fine or both.