

Hallucinogens: harm minimisation strategies

Understand your substance

Effects vary: each hallucinogen differs in duration, intensity, and impact. Research what you're taking and familiarise yourself with the effects and risks so you can prepare mentally and physically.

Set and setting

Your mindset (set) and environment (setting) significantly shape how a hallucinogen will affect you.

Set = your body and mind

Hallucinogens can amplify your internal state. If you're feeling anxious, overwhelmed, or not in a good headspace, it may not be a good time to trip.

This includes:

- Current mood and mental health
- Life stressors or emotional load
- How safe and supported you feel
- Your physical state (sleep, food, hydration, illness)
- How familiar you are with the substance
- Any prescribed medications or other substances you've taken

Setting = your surroundings

Your surroundings can shape your experience, so notice whether you're in a familiar or unfamiliar place. Pay attention to lighting, sound, temperature, smell, and who you're with. The time of day, indoors or outdoors, and weather can also influence how you feel.

Safer use tips

Stick to one substance: especially if you're new to hallucinogens, to reduce risk and unpredictability.

Start low, go slow: use small amounts and avoid frequent re-dosing to prevent building tolerance.

Avoid mixing downers: (like alcohol or benzodiazepines) to "come down", as this can suppress breathing and awareness. If combining substances, make sure someone you trust knows what you've taken and can support you if needed.



Contact us for support

If you're struggling with alcohol or other drugs, we're here for you.

We offer a variety of community and residential programs throughout Queensland and New South Wales, helping thousands of people every year to navigate alcohol and drug challenges and move forward in life.

 **1300 727 957**

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Risky mixes with hallucinogens

Hallucinogens and alcohol



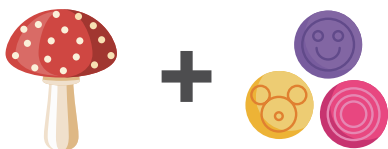
Risks: this mix increases confusion, nausea, and the risk of injury. It can also mask how intoxicated you feel, which can lead to risky behaviour.

Prescribed mood medications



Risks: antidepressants and antipsychotics can affect hallucinogen intensity. SSRIs, SNRIs, benzodiazepines, and antipsychotics may reduce effects. MAOIs can dangerously amplify them and should not be combined.

Hallucinogens and other stimulants (like MDMA or cocaine)



Risks: this mix can lead to severe anxiety, panic attacks, and increase the strain on your heart – especially when combined with the intense sensory effects of hallucinogens.

Hallucinogens and depressants (like benzos or opioids)



Risks: this mix can cause heavy sedation and increase the risk of overdose, especially at high doses.

Remember:

The effects of any substance can vary based on individual factors, environment, tolerance, and purity.

No dose is completely without risk. When possible, start low and go slow, avoid using alone, and take steps to care for yourself and others.