CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

# Hallucinogen use disorder

Problematic use of substances such as LSD, psilocybin or MDMA, which causes problems or discomfort. Some people suffer persistent perceptual disturbances after consumption.

## COMMON SIGNS

- Repeated use despite problems
- Visual disturbances that persist
- Anxiety or panic after using

## TIPS FOR YOU

1. Avoid using, especially if there is a history of psychosis
2. Seek help if the effects persist
3. Talk to professionals without fear of being judged

## FOR FAMILY AND FRIENDS

1. Talk about the risks without judging
2. Be there if after-effects appear

## WHEN TO ASK FOR HELP

1. If there is agitation, confusion or fever: 112
2. If the disturbances persist after using

## TO OBSERVE AND NOTE DOWN

☐ I use hallucinogens (LSD, mushrooms, MDMA)
☐ I use more than I intended
☐ I have had bad experiences and kept using
☐ I see visual disturbances days after using
☐ I find it hard to stop
☐ I have had problems because of my use
☐ I have had panic attacks after using
☐ I use to escape how I feel

## FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-consumo-de-alucinogenos
- Spanish National Plan on Drugs: information and resources: https://pnsd.sanidad.gob.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com