

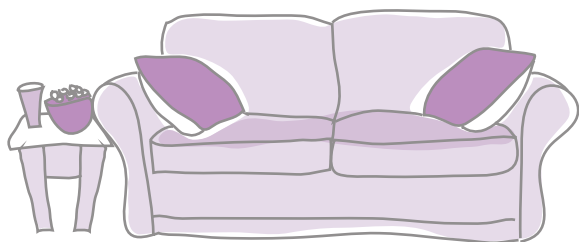
IF YOU'RE HAVING A BAD TRIP...

- ④ Go to a safe environment (if you're not already in one) and play calming music.
- ④ Surrender to the experience (rather than trying to control it).
- ④ Try to meditate or relax.

The only way to guarantee you won't have a bad trip is to not use hallucinogens.

IF SOMEONE ELSE IS HAVING A BAD TRIP...

- ④ Take them to a calm, safe environment.
- ④ Reassure them that you're their friend and that in time the experience will pass.
- ④ Help them meditate or relax.



GETTING HELP

On Campus Resources:

The AC Umbrella Project:
www.algonquincollege.com/umbrellaproject

AC Counselling Services:
CONFIDENTIAL, non-judgemental, free
counselling for students. 613-727-4723 ext. 7200.

Mamidosewin Counselling Services:
CONFIDENTIAL, non-judgemental free
counselling with an Aboriginal Counsellor.
613-727-4723 ext. 7186.

Health Services: 613-727-4723 x.7222

Off Campus Resources:

Rideauwood Addictions and Family Services:
613-724-4881 <http://www.rideauwood.org/>

Ottawa Addictions Access and Referral Services:
613-241-5202

Centre for Addiction and Mental Health:
www.camh.ca

The Drug and Alcohol Helpline:
1-800-565-8603 (Toll Free)

www.drugandalcoholhelpline.ca

ALGONQUIN
COLLEGE

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Here to Help is a project of the BC Partners for Mental Health and Addictions Information. This brochure was developed by the Centre for Addictions Research of BC, a member of the BC Partners.

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SAFER TRIPPING

MAGIC MUSHROOMS, LSD,
AND OTHER HALLUCINOGENS



**REDUCE YOUR RISK
OF BAD TRIPS (SCARY AND
STRESSFUL EXPERIENCES), INJURIES
FROM FALLS OR ACCIDENTS, AND
MENTAL HEALTH PROBLEMS**



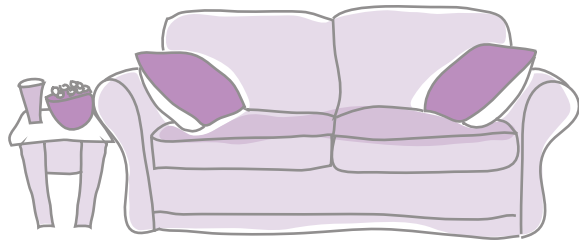
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