

# Mushrooms Aren't Always

# Sunshine & Rainbows!

## A Harm Reduction PSA

## 8 MUSHROOM RISKS You should know!

1. **Psilocybin can temporarily increase heart rate and blood pressure**, which may be dangerous for individuals with pre-existing heart conditions such as uncontrolled blood pressure, heart failure, coronary artery disease, or a history of heart attack or stroke.
2. **Psilocybin should be avoided by individuals with a history of epilepsy** or other seizure disorders due to potential risks.
3. **Pregnant and breastfeeding women are advised against psilocybin use** because there is insufficient scientific evidence to assess the risks.
4. **Individuals taking certain medications that affect serotonin levels (like SSRIs and MAOIs) should exercise caution** due to the risk of serotonin syndrome, a potentially life-threatening condition caused by excessive serotonin activity in the brain. Combining psilocybin with other substances that affect serotonin (e.g., other hallucinogens, certain medications) can also increase this risk.
5. **Psilocybin use is generally not recommended for individuals with a personal or family history of psychotic conditions** like schizophrenia, schizoaffective disorder, or severe forms of bipolar disorder and borderline personality disorder, as it may increase the risk of triggering or exacerbating psychotic episodes.
6. **Those with significant trauma histories who lack coping skills or a safety plan may also be at risk of emotional distress and reliving traumatic memories.** Additionally, individuals who have experienced adverse reactions to psychedelics in the past, such as prolonged psychosis or suicidal ideation, should avoid use.
7. **Psilocybin should ideally be administered in a controlled healthcare setting with trained professionals.** Please consider consulting with a trained medical professional to discuss your medical and psychiatric history.
8. **Keep out of reach of children!** Even though Colorado law allows adults 21 and up to use psilocybin/psilocin for personal use, we feel it would be irresponsible not to point out that our brains aren't finished developing until around age 25. So please consider waiting until your brain is fully developed.

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