A little preparation. Room for care.

A private planning checklist and a few calm reminders. Choosing not to use, or to postpone, is always an option.

Before

- [ ] **Check in with yourself**
  Notice how you feel and whether you want to postpone. There is no outcome you need to achieve.
- [ ] **Arrange trusted, sober support**
  Talk beforehand about staying together and getting help. A checklist cannot replace a person.
- [ ] **Prepare a calm place and a way home**
  Stay away from traffic and other hazards. Do not drive while impaired.
- [ ] **Know how to get help**
  Keep local emergency contacts accessible. Ask a clinician about health conditions or medicines beforehand.

In the moment

- [ ] **Do not assume what a product contains**
  A name, appearance or label cannot establish contents or safety. Unknown mushrooms can be poisonous.
- [ ] **Pause and reach for support**
  Find a calmer place. Breathe gently if comfortable. Stay with a trusted sober person.
- [ ] **Take serious symptoms seriously**
  Use the urgent-help guidance below. Do not dismiss possible poisoning as just a difficult experience.

Afterward

- [ ] **Leave time to rest**
  Give yourself room to settle before responsibilities. Do not drive while you are still impaired.
- [ ] **Reflect gently, when you want to**
  Write a thought or talk with someone you trust. Seek professional support for continuing distress.

What matters to you? _____

Get urgent help. Trouble breathing, seizure, collapse, unresponsiveness, chest pain or immediate danger: call local emergency services now. Suspected poisoning? Seek urgent medical help. Do not wait for symptoms.

One thing at a time.

01 **Pause.**

02 **Find a calm place.**

03 **Reach sober support.**

04 **Do not drive.**

Get urgent help

Trouble breathing, seizure, collapse, unresponsiveness, chest pain or immediate danger: call local emergency services now.

Suspected poisoning? Seek urgent medical help; do not wait for symptoms. Keep the packaging for clinicians. Do not induce vomiting.

In the United States, Fireside Project offers non-clinical emotional peer support: call or text 623-473-7433, daily 11 a.m.–11 p.m. Pacific. Not an emergency service or a replacement for medical care.

Education, not medical advice or a safety guarantee. These reminders cannot identify a substance, screen for interactions or predict an experience. Products marketed as mushroom gummies or chocolates may contain other drugs or toxic ingredients. They are not interchangeable with psilocybin or supervised research.

SOURCE DETAILS

NIDA · Psilocybin (Magic Mushrooms)

https://nida.nih.gov/research-topics/psilocybin-magic-mushrooms

NHS · Poisoning

https://www.nhs.uk/conditions/poisoning/

Fireside Project · When an experience feels overwhelming

https://firesideproject.org/blog/i-took-too-much-what-to-do-when-a-psychedelic-experience-feels-overwhelming

Fireside Project · Support line

https://firesideproject.org/support-line

Source links and accessible text: cybinly.com/learn/checklist