



### **Magic Mushrooms, Mushies**

**What is it?** These are hallucinogenic mushrooms that grow in the wild. Users dry them and either eat them or make them into tea.

**The highs** In small amounts, users feel relaxed and happy. In larger amounts, they experience hallucinations.

**The lows** Hallucinations can sometimes be unpleasant and frightening. Another problem is eating poisonous mushrooms by mistake which may result in serious illness or possible death.

Health Promotion Unit.