



# Let's Talk About... Psilocybin!



Psilocybin mushrooms were decriminalized by the City of Denver in May 2019 with the passing of Initiative 301. There's still a lot of misinformation surrounding psilocybin, also called magic mushrooms. We want to help clear things up.

**TRUE**

**Psilocybin mushrooms are illegal in Denver.**

Psilocybin mushrooms are decriminalized in Denver for personal use and possession. This makes arresting people for carrying, growing, or ingesting them the lowest priority for Denver police. Buying or selling mushrooms is definitely still illegal.

**Taking mushrooms is always a fun time. FALSE**

Psilocybin mushroom trips can bring up strong emotions and possibly exacerbate extreme psychological distress. If you feel ungrounded, out of touch with reality, or in a precarious psychological state, psilocybin mushrooms could worsen this.

**TRUE**

**Psilocybin is a breakthrough therapy for depression.**

Early-phase FDA research indicates psilocybin produces profound and sustained improvements in people suffering from treatment-resistant depression after just two psychedelic sessions. While initial results are promising, this is still no "magic cure-all pill."

**FALSE**

**You can die from taking too many magic mushrooms.**

Physically, psilocybin mushrooms have a very high safety profile. There's no known lethal dose in humans, however the more you ingest, the greater the intensity of the psychedelic effects.

**FALSE**

**You can drive a car while on mushrooms.**

Always make sure you are in a good mindset and a safe, comfortable setting when taking psilocybin, and NEVER drive on mushrooms.

**TRUE**

**Mushrooms are potent. Start low and go slow.**

The psychedelic effects of mushrooms vary greatly at different doses and with a lot of individual variation. There is no way to predict how any particular person will respond to any particular dose. Proper dosing is extremely important to a positive psilocybin mushroom experience. Some people even report benefits at sub-perceptual levels, also called micro-dosing.

**Mushrooms are for hippies trying to escape the real world. FALSE**

Mushrooms have been used for centuries as healing medicines, and now psilocybin is being studied for treating depression, end of life distress, alcohol use problems, addictions, and more. Study participants in high-dose psilocybin sessions report feelings of unity, interconnectedness, immense love, and other mystical-type experiences which may be the key ingredient for psilocybin's therapeutic benefits.

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