



# Substances Fact Sheet

## Psilocybin: Shrooms/Magic Mushrooms

*Psilocybin is a chemical found in certain mushrooms worldwide that has historically been used in traditional ceremonies. Known as magic mushrooms or shrooms, they can alter perception, distort sights and sounds, and affect time and space awareness. Users may experience intense emotions, from euphoria to fear, along with physical effects like nausea and increased heart rate. While some use psilocybin recreationally or for mental health, its medical potential is still under research.*

**Psilocybin:** Psychedelic/hallucinogen - Class I drug per DEA

### Usage / Quick Facts

- Typically consumed **dried** or **powdered**
- Does not typically lead to addiction
- Psilocybin has a long history of use in traditional ceremonies across many cultures, as it is found in certain types of mushrooms that grow on nearly every continent
- Some people use the mushrooms recreationally or to try and improve their mental health, but research is still ongoing about its potential use as a medicine
- **Micro-dosing** refers to taking a small amount of a hallucinogenic substance, usually 5-10% of a typical recreational dose. This is low enough that people do not experience hallucinogenic effects
- Some people micro-dose psilocybin hoping that it will improve mental health issues, though research has not established that this is safe or effective

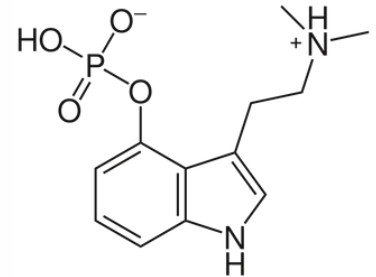
### What are the Effects?

- Has the potential to change a person's sense of reality, where they may see, hear, and/or feel things that are not happening in real life
- People may experience intense emotions ranging from bliss to terror, and may have physical side effects such as increased heart rate or nausea
- People may experience a different sense of self, feeling that they have no personal boundaries and are one with the universe, sometimes called "oceanic self-boundlessness"
- Psilocybin binds to serotonin receptors in the brain, and alters patterns of brain activity

### What is the Prevalence of Psilocybin?

**Resource:** [www.rand.org/news/press/2024](http://www.rand.org/news/press/2024)

- According to a national survey from RAND conducted in 2023, 12% of respondents reported using psilocybin at some point in their lives, and 3.1% reported using it in the past year
- Among those reporting use in the past year, 47% reported micro dosing the last time they used



### Harm Reduction Measures

- There is a risk of unintentionally consuming a misidentified mushroom that could potentially be toxic
- The CDC has identified some commercial products such as candies that are marketed as containing psilocybin have been found to contain toxic chemicals that have caused severe illness.

### Psilocybin and Youth

**Resource:** <https://pmc.ncbi.nlm.nih.gov>

- A study done using National Survey on Drug Use and Health data from 2008-2018 identified that ~1.4% of respondents reported that they had used psilocybin in their lifetime.
- The lifetime users were mostly 17 years old, male, and non-Hispanic white (71% vs. 55%)
- Among the psilocybin user group 31% had reported a lifetime major depressive episode, compared to 16% among the non-user group



**National Institute on Drug Abuse: Psilocybin (Magic Mushrooms)**