

# PSYCHEDELIC SAFETY ALLIANCE

## NO-BS DRUG EDUCATION FOR RESPONSIBLE ADULTS

### PSYCHEDELIC SAFETY BASICS

In our experience and that of many of the psychedelic safety experts we've consulted with over the years, crashing into a psychedelic experience with no research, safety plan, or advance preparation can open the door for accidents and mistakes. These range from the mild to the severe, and from the reversible to the irreversible.

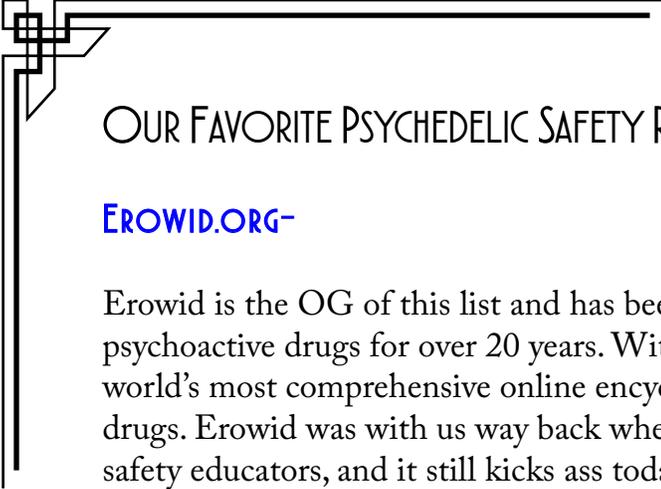
The negative outcomes you can experience as a result of taking psychedelics can include ruining your night, making yourself sick; damaging your brain, body, or both; having a scary or overwhelming trip you weren't prepared for; increasing the likelihood of negative mental health consequences; and in rare-but-still-too-frequent instances, death.

We and the folks in our tribe of psychedelic experts have seen a lot of people we know experience these kinds of negative outcomes as a result of using psychedelics without proper safety protocols. It's heartbreaking, every time.

We want none of these things for you, or your loved ones. That's why we've put together this at-a-glance guide to doing psychedelic safety research online.

Bodies and minds are complex and psychedelics are incredibly powerful, which means there's no way to mitigate 100% of potential risks and negative outcomes.

That said, having access to high-quality, evidence-based information about psychedelics goes a long way to helping you make safer decisions, so here are some shortcuts you can use to cut through all the noise about psychedelics on the internet and get right to the data points you need to take care of yourself and the people you care about.



## OUR FAVORITE PSYCHEDELIC SAFETY RESOURCES

### [EROWID.ORG](https://www.erowid.org)

Erowid is the OG of this list and has been serving up evidence-based information on psychoactive drugs for over 20 years. With over a million monthly visitors, Erowid is the world's most comprehensive online encyclopedia of information about psychoactive drugs. Erowid was with us way back when we began our journey to become psychedelic safety educators, and it still kicks ass today.

The biggest upside to Erowid is that it's incredibly encyclopedic and comprehensive, more so than any other platform we recommend. Erowid is THE place to go for detailed information on every common psychedelic you can think of, and a bunch of others you never knew existed.

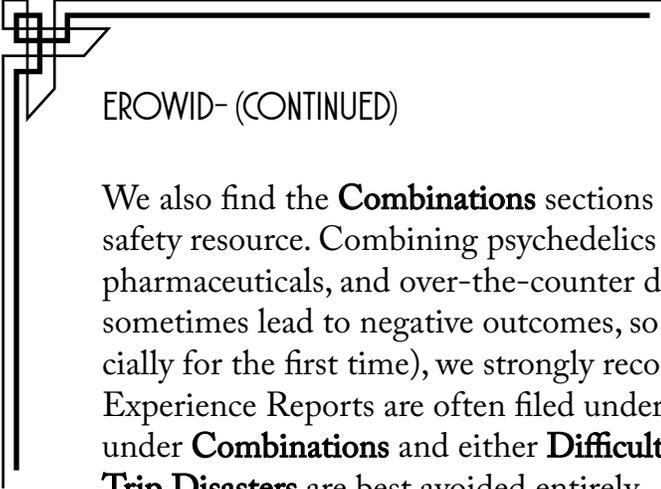
Another upside to Erowid is that they have a rigorous review process for any new info which goes on the site. This results in higher-quality info but also takes time, which means Erowid sometimes doesn't have much info on brand-new compounds which have recently hit the market. (In general, any compound that doesn't have enough history of human use to be listed on Erowid is an unsafe bet in our book and something we recommend you avoid categorically.)

Each psychedelic listed on Erowid is contained within its own "vault," a page containing a massive collection of links and information related to the compound. This is the most awesome thing and also the most challenging thing about using Erowid. Everything you ever wanted to know about a given substance is right there, but the sheer volume of information can make it hard to find the one or two details you're looking for.

In general, we find the info in the Basics, Dose, and Health sections of each vault to be the most helpful for safety purposes. If you have a specific question that these sections don't answer, the Ask Erowid Answers section is another good place to check.

The other place where Erowid shines above its counterparts is its collection of [Experience Reports](#).

If you've never tried a specific psychedelic before and want to get a sense as to what it's like, reading experience reports is a good place to start. Erowid's Experience Reports are organized in categories ranging from **First Times** and **Glowing Experiences** to **Train Wrecks** and **Trip Disasters**. Safer psychedelic use is predicated on an understanding of what can go wrong and how, so we recommend reading negative reports as a means of identifying and common pitfalls and mistakes.



## EROWID- (CONTINUED)

We also find the **Combinations** sections of the Experience Reports to be valuable as a safety resource. Combining psychedelics with other compounds (recreational drugs, pharmaceuticals, and over-the-counter drugs especially) is a common practice which can sometimes lead to negative outcomes, so if you're planning to combine substances, (especially for the first time), we strongly recommend using Erowid to look it up first. Experience Reports are often filed under multiple categories, so any which are listed under **Combinations** and either **Difficult Experiences**, **Bad Trips**, or **Train Wrecks** and **Trip Disasters** are best avoided entirely.

Erowid's Web 1.0-flavored layout hasn't changed much in its 20+ years of existence, so it's best enjoyed on desktop when you have some time on your hands to get comprehensive and go deep. Erowid is usable on mobile but definitely not optimized for it, so if you're on your phone and need quality info fast, you may find Erowid a little less helpful than some of the platforms we review below.

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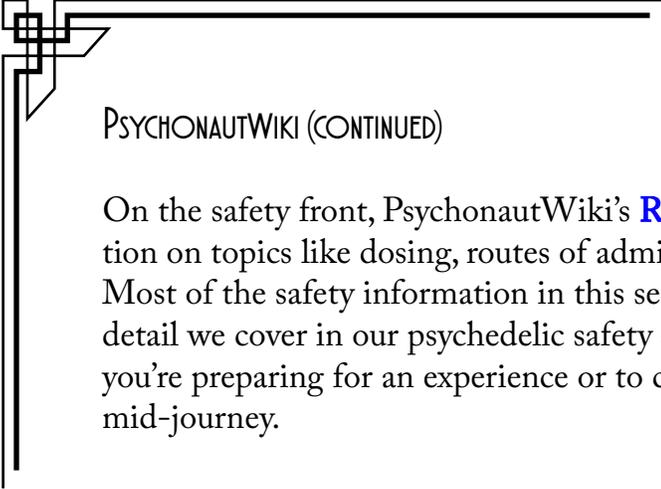
For more mobile-friendly psychedelic safety resources, you've got a few different options, starting with:

### [PSYCHONAUTWIKI.ORG](https://psychonautwiki.org)

PsychonautWiki promotes itself as "the open encyclopedia of psychonautics," and functions like an academic-leaning cross between Erowid and Wikipedia.

A major upside to PsychonautWiki is their minimalist layout, which is vastly more convenient if you're on mobile. Unfortunately, their homepage is cluttered and the navigation structure is less intuitive than Erowid, so we recommend going straight to the search bar to look up information on specific compounds.

Finding information on specific psychedelics quickly is where PsychonautWiki shines as a safety resource. Their Wikipedia-style layout provides concise, at-a-glance information on the basics of most common substances, as well as dosage ranges for the most common route of administration and a color-coded list of dangerous interactions with other drugs. blique or confusing.



## PSYCHONAUTWIKI (CONTINUED)

On the safety front, PsychonautWiki's [Responsible Drug Use](#) section includes information on topics like dosing, routes of administration, and dealing with crisis scenarios. Most of the safety information in this section doesn't go into the kind of deep, tactical detail we cover in our psychedelic safety courses, but it's a good at-a-glance resource as you're preparing for an experience or to check in on if something goes sideways mid-journey.

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If you're on your phone and looking for quick details about specific psychedelics, PsychonautWiki is one of several platforms we recommend. For another good one, let's take a hop over into the land of mobile apps, where you'll find:

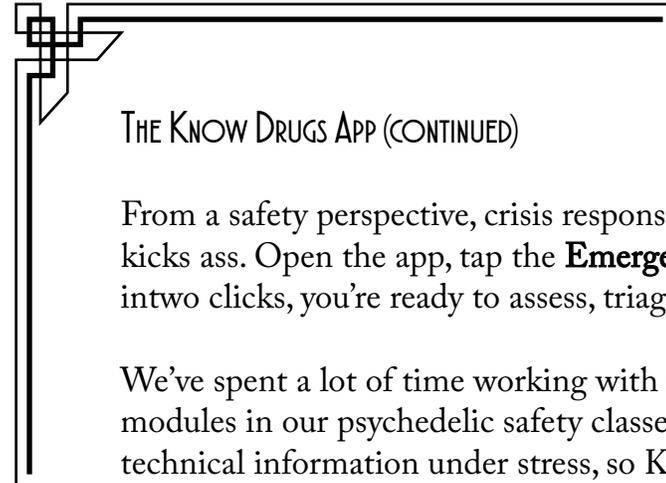
### THE KNOW DRUGS APP

The KnowDrugs App is primarily focused on serving European drug users, but it has a couple kickass special features that are useful for anyone, anywhere. At the time of writing, it is the best app we've ever seen for people who wish to make safer decisions around their use of psychedelics.

KnowDrugs contains much of the same safety information on specific substances as you'll find on Erowid and PsychonautWiki, but the layout is even more mobile-friendly than PsychonautWiki and it's way easier to navigate. The dosage ranges and duration of drug effects they list are presented in graphic format, which some folks prefer, though its descriptions of drug effects are clearly written by folks for whom English is a second language and can be a little oblique or confusing.

Scroll down the page for a specific psychedelic and you'll also find a fairly well laid-out section on drug interactions, which are categorized from **Dangerous** to **Low Risk** and include a brief description about what can happen with each combination.

The homepage of KnowDrugs lists test results of various pills and powders sourced from European drug markets, which is great if you're on that side of the Atlantic. Uniquely, their test reports for pressed pills often show the exact milligram amounts of each compound found in the pill, which pill testing services in North America are usually not legally allowed to provide.



## THE KNOW DRUGS APP (CONTINUED)

From a safety perspective, crisis response information is the place where KnowDrugs kicks ass. Open the app, tap the **Emergency** tab at the bottom of the homepage, and in two clicks, you're ready to assess, triage, and respond to a variety of crisis scenarios.

We've spent a lot of time working with first responders to develop the crisis response modules in our psychedelic safety classes and understand that it can be hard to remember technical information under stress, so KnowDrugs is a great backup to jog your memory if something goes sideways. Whether you found someone who's clearly in distress, someone's having a seizure, or think your friend might have heatstroke, KnowDrugs can help you stabilize a crisis situation long enough to seek additional help.

KnowDrugs is available on both [Google Play](#) and [Apple's App Store](#).

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We've touched on the subject of drug combinations and interactions a couple of times in this report, so listen up:

**In our experience and that of many of the first responders we know, combining psychedelics with other drugs can DRAMATICALLY increase the likelihood of you having a hard time, getting into a medical emergency situation, or dying.**

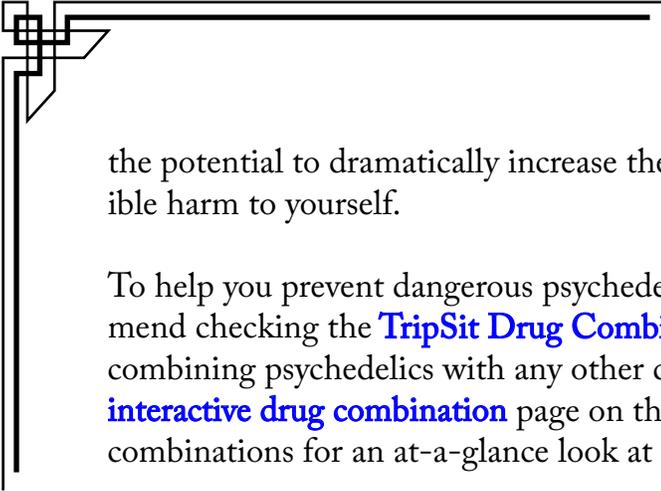
We personally know of several people who have died or almost died as a result of bad drug combinations with psychedelics, so skip this step at your own peril.

That means it's time for our final recommended psychedelic safety resources:

### TRIPSIT

TripSit offers a broad array of unique resources and services which are essential for building a psychedelic safety plan.

TripSit shines as a source of information to check for dangerous drug interactions. Most common psychedelics have a relatively low risk of toxic overdose, but combining them with other drugs (including over-the-counter drugs and prescription medications) has



the potential to dramatically increase the risk of you accidentally dying or doing irreversible harm to yourself.

To help you prevent dangerous psychedelic interactions before they happen, we recommend checking the [TripSit Drug Combinations Chart](#) for dangerous interactions before combining psychedelics with any other drugs. TripSit also has an [Android app](#) and an [interactive drug combination](#) page on their website which allow you to punch in specific combinations for an at-a-glance look at any potential dangerous interactions.

Like the previous resources we've mentioned, TripSit also hosts a lot of great safety information on psychedelics, which can be found relatively easily in [their wiki](#) and [Fact-sheets](#) sections.

Another thing we like about TripSit is that their wiki pages on specific substances usually include a Harm Reduction section, which contains tactical safety information specific to that particular substance. Every psychedelic has its own unique risks, so seeking out this kind of granular detail is an essential step when creating a safety plan for a psychedelic experience, especially if it's your first time trying something new.

If you find yourself having a difficult psychedelic experience and are capable of operating a computer, TripSit also offers a [free chat room](#) where you can go to seek support.

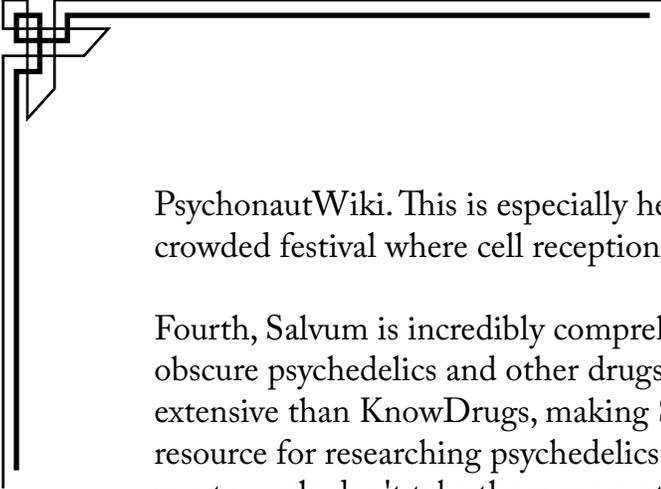
## [SALVUM.LOVE](#)

Though it is the newest site on our list, Salvum has rapidly become our favorite all-around database. Here's why:

First, Salvum aggregates data from several different databases, including Erowid, PsychonautWiki and TripSit, which makes it the easiest place to look up experience reports, dosage ranges, and interactions for most common psychedelics in one place.

Second, just like the KnowDrugs app, Salvum kicks ass on mobile. The layout allows you to search for specific drugs much faster and more intuitively than Erowid, PsychonautWiki, or TripSit, which is a huge plus if you're preparing to take something and need quick, tactical, at-a-glance information on dosage, timing, and/or potentially dangerous drug interactions.

Third, all of Salvum's safety data can be accessed on your phone when you're offline after you've visited the site once, a feature currently not offered by either Erowid or



PsychonautWiki. This is especially helpful if you're off-grid, in a rural area, or at a crowded festival where cell reception is patchy or nonexistent.

Fourth, Salvum is incredibly comprehensive and contains information on tons of obscure psychedelics and other drugs you never knew existed. Its database is more extensive than KnowDrugs, making Salvum the most comprehensive offline resource for researching psychedelics and other drugs we've ever seen. Though most people don't take the more esoteric compounds listed, this feature can still be fun if you're like us and prone to geeking out on pharmacological esoterica.

Fifth, just like the KnowDrugs app, Salvum contains an easily-accessible section on emergency response protocols in every window, which is a great reference guide if you or someone around you is having a hard time or something goes sideways in a drug-related situation and you don't know what to do.

Sixth, Salvum also contains a unique [Apps](#) section, which contains links to a guided breathing app to help calm you down and a bunch of trippy visualization apps if you want to look at something pretty or need a benign distraction for you or someone else during an intense moment or a rest period during your journey when you just want to zone out for a minute.

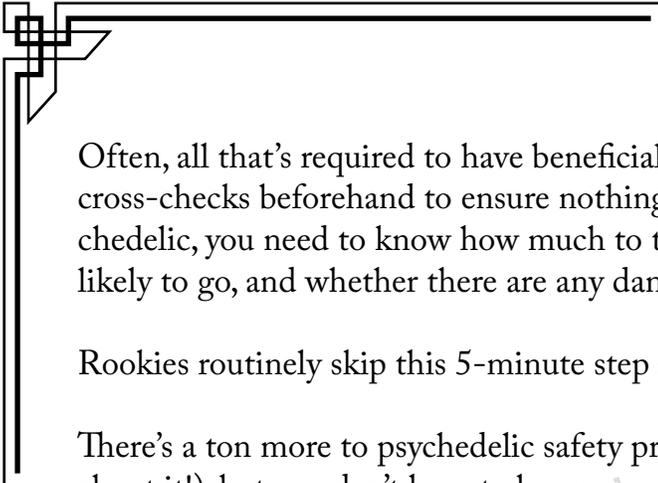
In short, Salvum delivers an incredibly comprehensive range of information and options in a single interface. Though limited to more common substances, its interaction checker is more than sufficient for most people and is certainly the easiest to use while offline, though as ultra-nerds, we wish it contained more info on interactions with the less common substances listed in its database. If you're at a festival and someone offers you a drug you've never heard of which is known only by a sequence of letters and numbers, Salvum is database most likely to help you assess the information required to determine what it actually is and what dosage would be appropriate.

All in all, Salvum is probably the most powerful single tool you can use to do basic safety and optimization research on psychedelics while "in the field."

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## IN CONCLUSION

The best psychedelic safety practices are those which prevent negative outcomes before they happen.



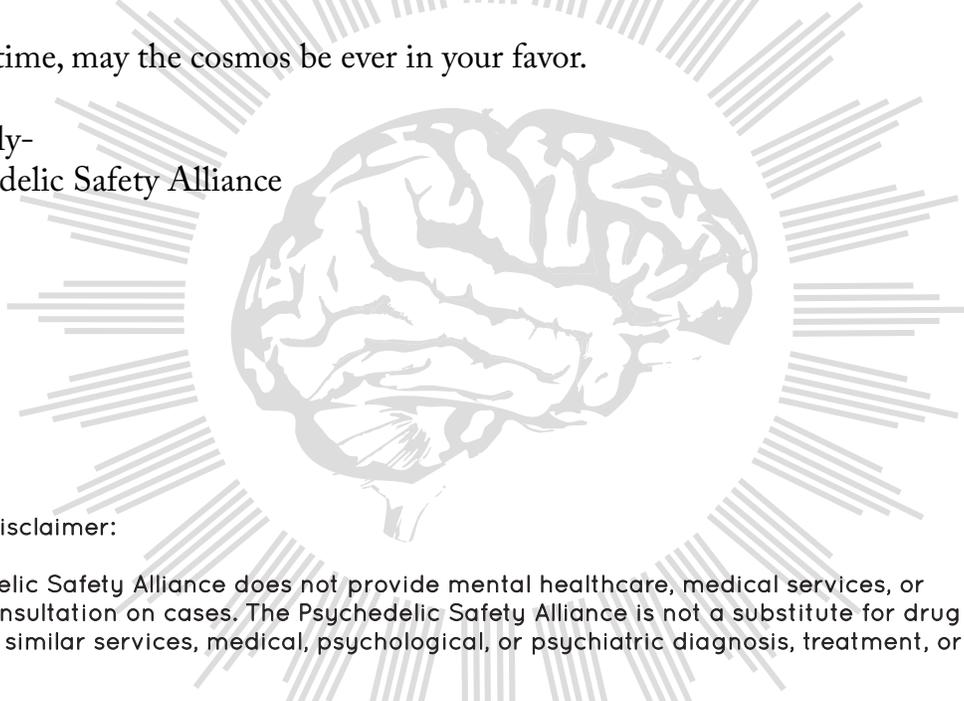
Often, all that's required to have beneficial experience is running a few targeted cross-checks beforehand to ensure nothing goes wrong. If you're going to take a psychedelic, you need to know how much to take, how the timing of the experience is likely to go, and whether there are any dangerous interactions to avoid.

Rookies routinely skip this 5-minute step and suffer. Please don't be that person.

There's a ton more to psychedelic safety practices than this (we made a whole course about it!), but you don't have to become a comprehensive psychedelic safety expert in order to start making safer decisions today. Doing your research in advance using the resources we've shared will go a long way towards helping you protect yourself and the people you care about.

Until next time, may the cosmos be ever in your favor.

-Dax & Ally-  
The Psychedelic Safety Alliance



Obligatory Disclaimer:

The Psychedelic Safety Alliance does not provide mental healthcare, medical services, or individual consultation on cases. The Psychedelic Safety Alliance is not a substitute for drug treatment or similar services, medical, psychological, or psychiatric diagnosis, treatment, or advice.

Content produced and distributed by the Psychedelic Safety Alliance is for informational and educational use only. Publications and trainings produced by the Psychedelic Safety Alliance are living documents and may have some outdated information; we do our best to keep resources up to date with the best of our knowledge.

Using psychedelics can pose serious risks to your mental and physical health, and in some cases, using psychedelics can lead to addiction or death. The Psychedelic Safety Alliance does not condone or condemn the use of psychedelics, nor do we encourage you to begin or continue taking psychedelics.

Do not disregard or delay seeking professional advice because of the availability of services or educational materials offered by the Psychedelic Safety Alliance. If you are in a crisis or if you or any other person may be in danger or experiencing a mental health emergency, immediately call 911 (USA) or your local emergency resources. If you are experiencing a medical emergency, please seek medical attention.