

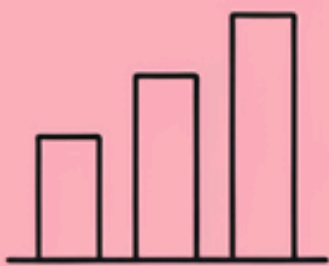


PSYCHEDELIC RESEARCH SNAPSHOT

ON MINIMIZING RISK AND HARM IN THE USE OF PSYCHEDELICS

A study on safety, harm reduction,
and research needs for
psychedelic-assisted therapy.

WHY THIS STUDY?



**Psychedelic use
is rising**



**Risks remain
poorly
understood**



**Better safety
measures
are needed**



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What are Psychedelics?

Each has unique effects and risk profiles.

Classic Psychedelics

Psilocybin
LSD
Mescaline
DMT

Non-classic Psychedelics

MDMA
Ketamine
Ibogaine



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TYPES OF POTENTIAL PSYCHOLOGICAL HARMS



Emotional
Issues



Psychotic
Episodes



Existential
Confusion

TYPES OF POTENTIAL PSYCHOLOGICAL HARMS



SOCIAL
DISCONNECTION



HALLUCINOGEN
PERSISTING PERCEPTION
DISORDER



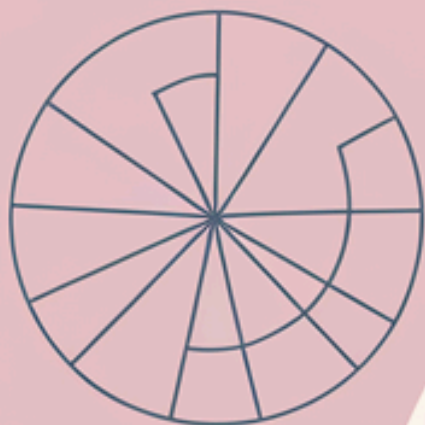
INTERPERSONAL
HARM

Psychedelic harms: How common are they?

9%

of non-clinical
users experience
post-psychedelic
difficulties

Clinical settings
have lower risks
– but not zero



Certain
symptoms may
persist for weeks,
months, or years

What Increases Risk?



Individual
biology,
genetics,
neurochemistry



Psychological
trauma,
mental health
conditions



Medicinal
vs
recreational
use



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POST- PSYCHEDELIC SUPPORT

Key Strategies

1



Online
Information
Resources

2



Peer Support
Groups

3



Affordable
Therapy

4



Psychiatric
Consultation



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KEY TAKEAWAYS



Psychedelics offer promise
but carry risks



More research and safety
measures are needed



Industry and policymakers
must support harm reduction

A safer psychedelic future requires
collaboration, research, and responsibility.



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CITATION

On Minimizing Risk and Harm in the Use of Psychedelics.

Psychiatric Research and Clinical Practice, 2025, 1–5.

Evans, J., Aixalà, M., Anderson, B. T., Brennan, W., Bremner, R., Breeksema, J. J., Burbach, L., Calder, A. E., Carhart-Harris, R. L., Cheung, K., Devenot, N., Gorman, I., Greñ, J., Hendricks, P. S., Holoyda, B., Jacobs, E., Krecké, J., Kruger, D. J., Luke, D., ... Yaden, D. B. (2025).

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