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**Psychedelic Research Snapshot**

# **ARE FIRST RESPONDERS INTERESTED IN PSYCHEDELICS?**



# BACKGROUND

First responders (firefighters, police, paramedics, etc.) are exposed to frequent trauma and have markedly higher rates of PTSD, depression, anxiety than the general population.

High-risk behaviors (e.g., heavy drinking, illicit drug use) are also more common among first responders.

Psychedelic-assisted therapies (e.g., LSD, psilocybin, MDMA) have shown strong promise for treating trauma-related disorders.



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# KNOWLEDGE GAPS

First responders face higher rates of traumatic experiences because of their work and have higher rates of mental health issues compared to the general population.

Psychedelic therapy can help alleviate these issues, however, little is known about their interest in psychedelic therapy and barriers to these treatments.

## AIMS

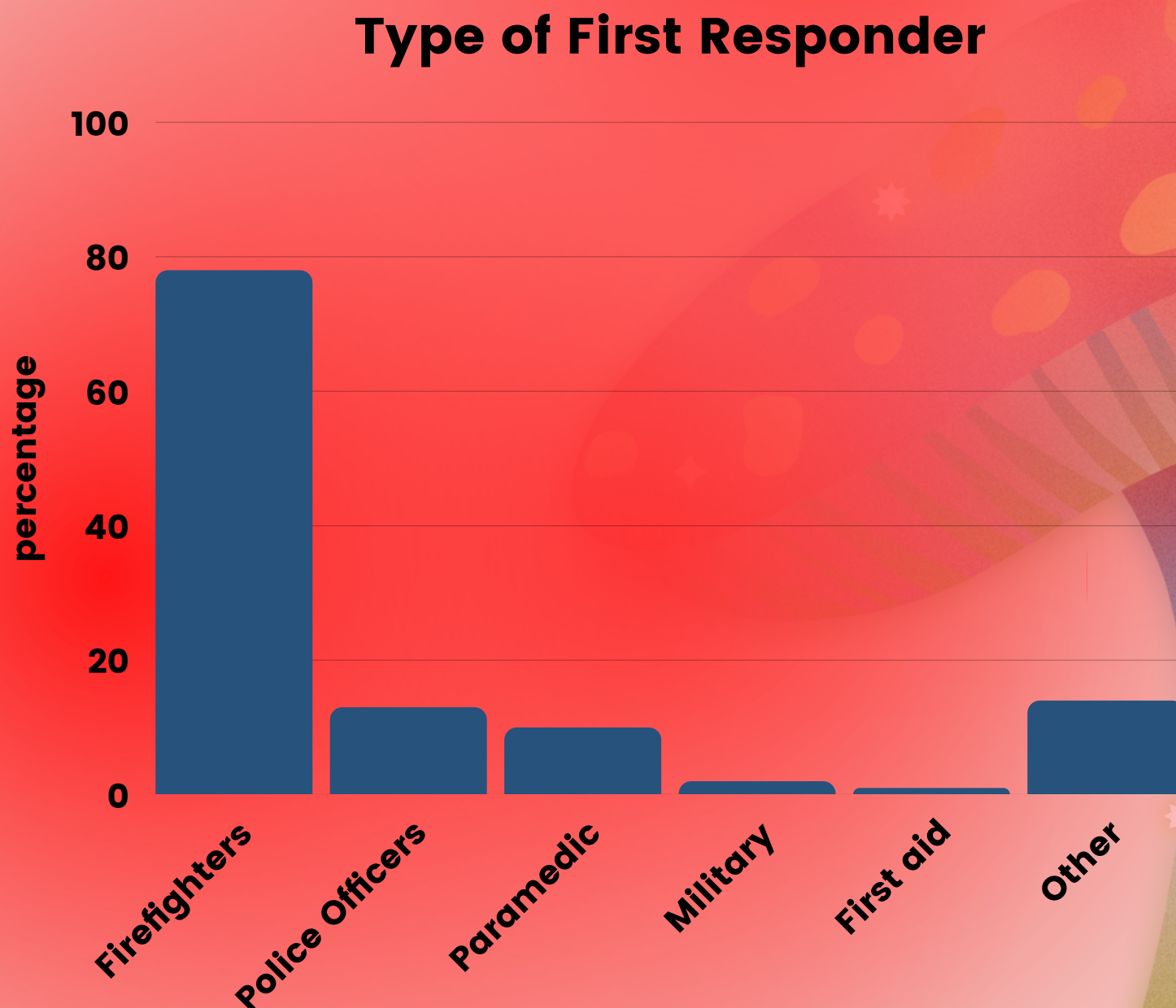
Document the percentage of first responders who have used or are interested in psychedelic or marijuana therapeutically



# RESULTS

102 first responders completed the survey.

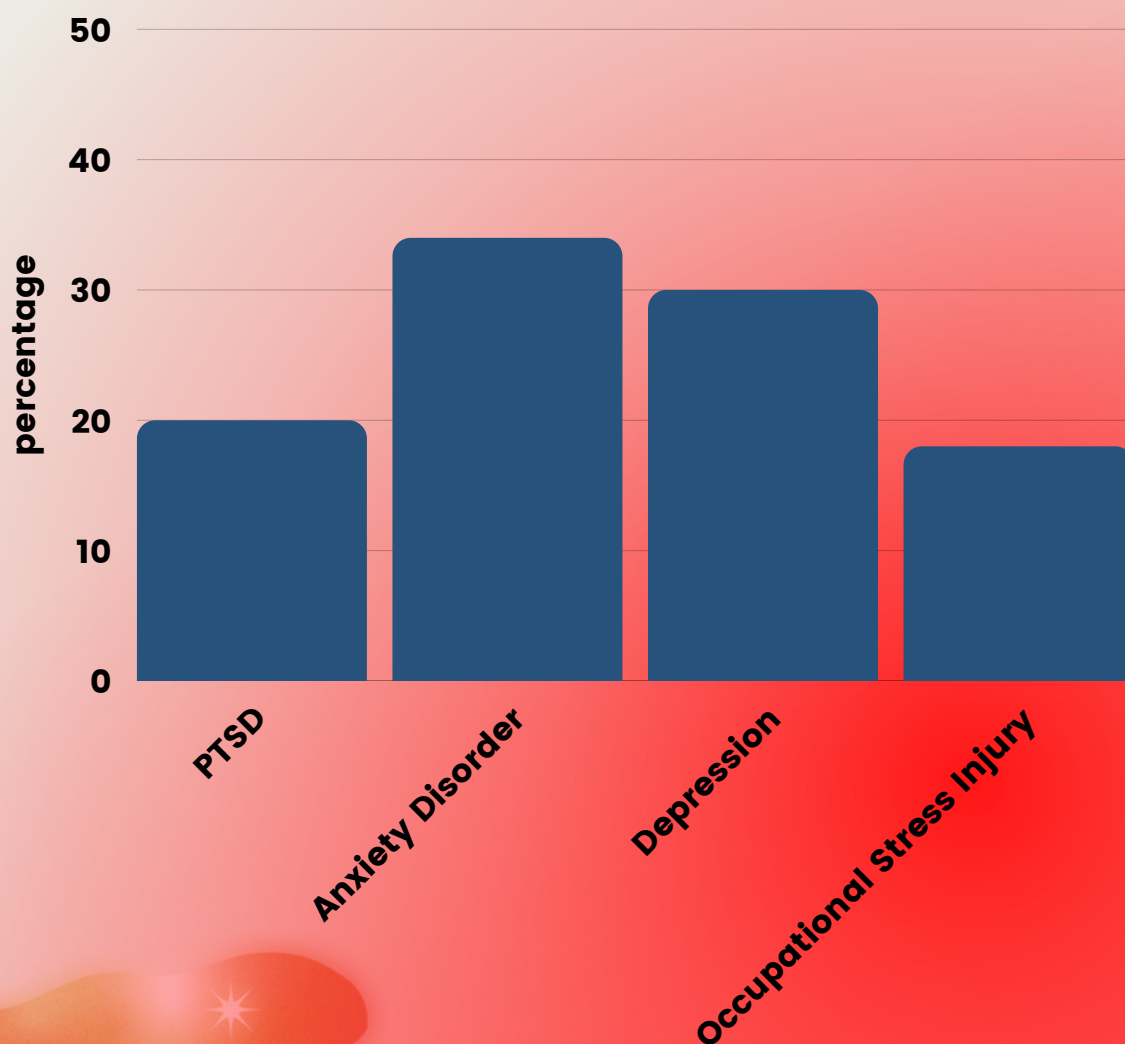
The majority were male (78%), firefighters (71%), aged 35–44, and residing in British Columbia (62%).





# MENTAL HEALTH

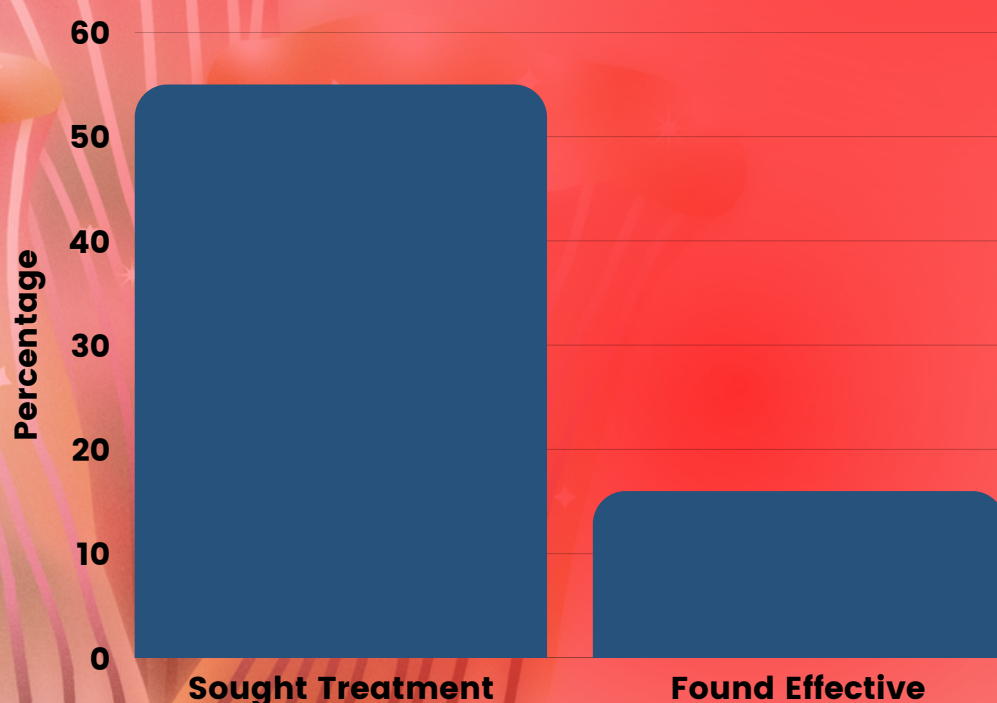
## Psychiatric Diagnosis



Over half (53%) reported at least one psychiatric diagnosis. Of those, 28% had multiple diagnoses.

Many reported sleep disorders (22%) and chronic pain (25%). These rates exceed general population norms.

## Therapy Use



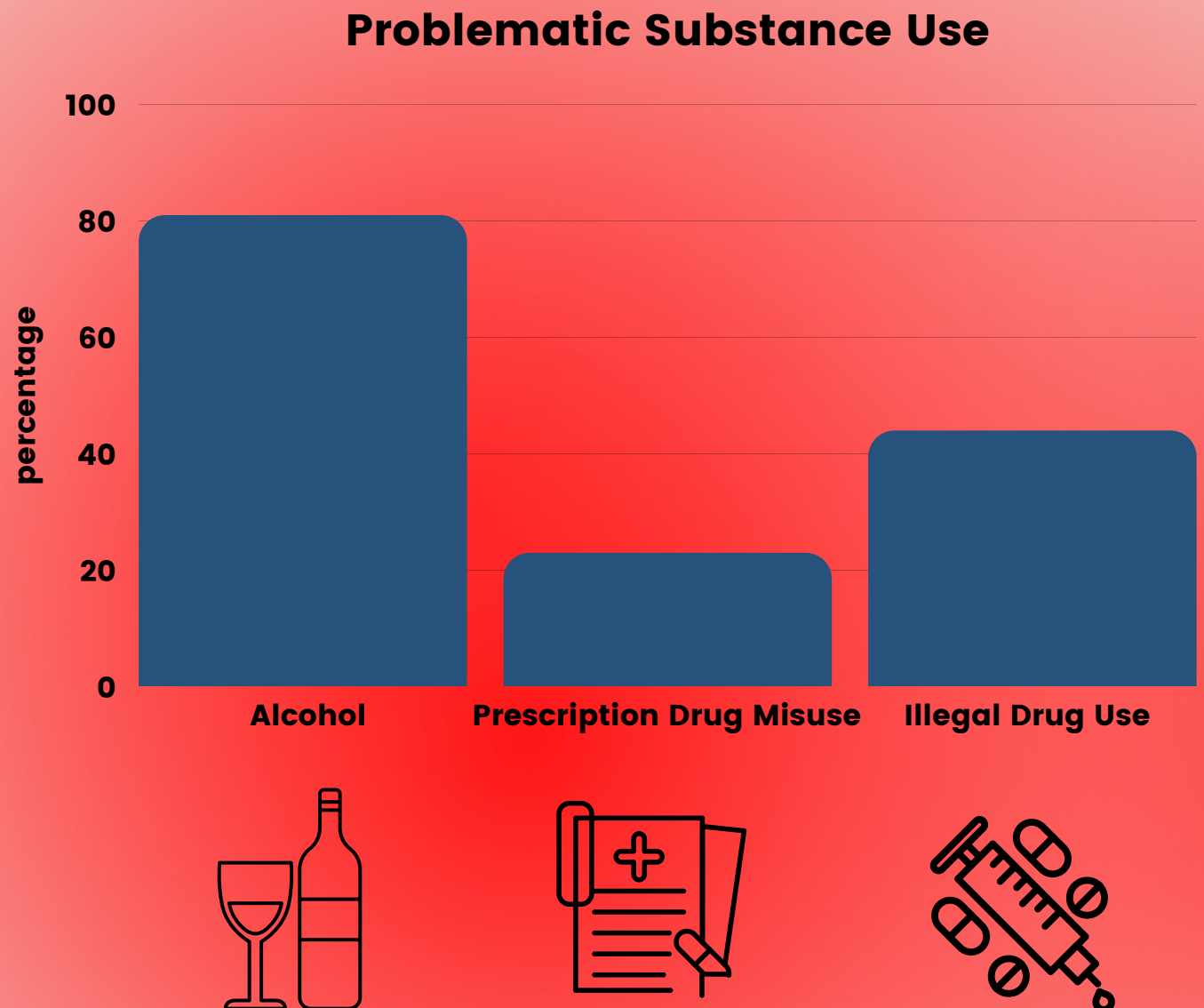
55% had sought professional help for mental health issues. Only 16% were confident this had been effective for them.



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# SUBSTANCE MISUSE

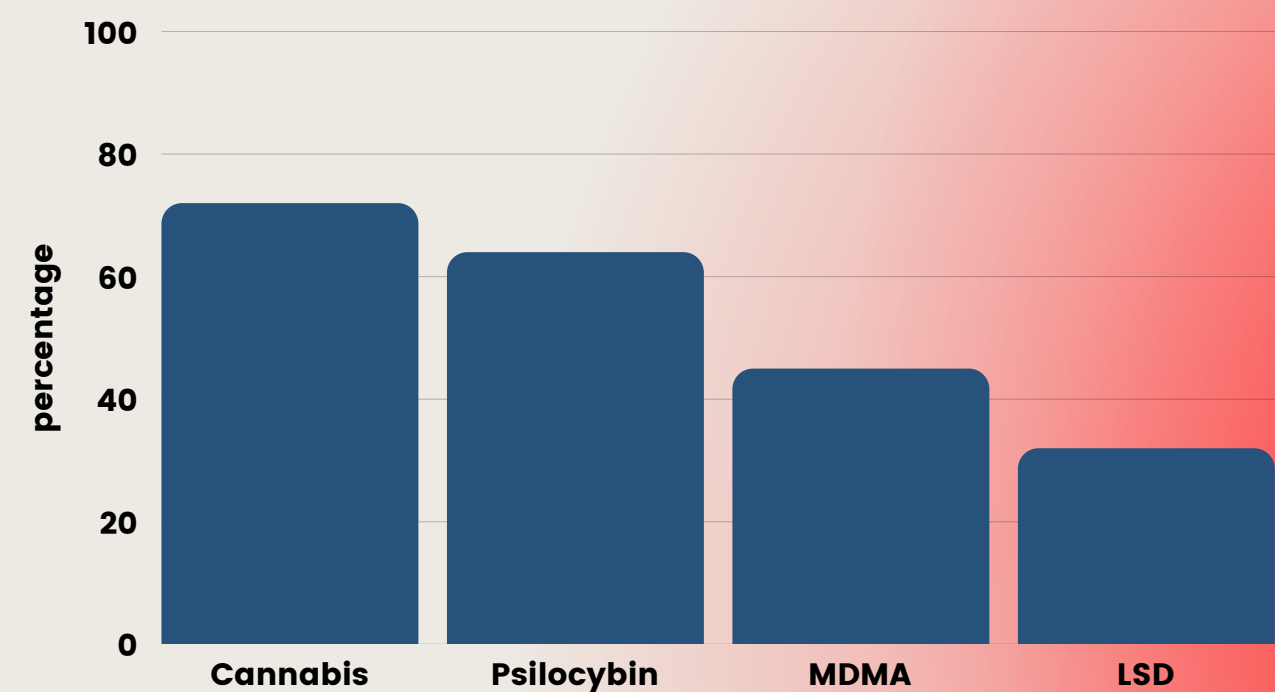


A large majority (81%) were classified as at-risk drinkers (frequent heavy drinking). Prescription drug misuse was reported by 23%, and 44% had used illegal drugs at least once.



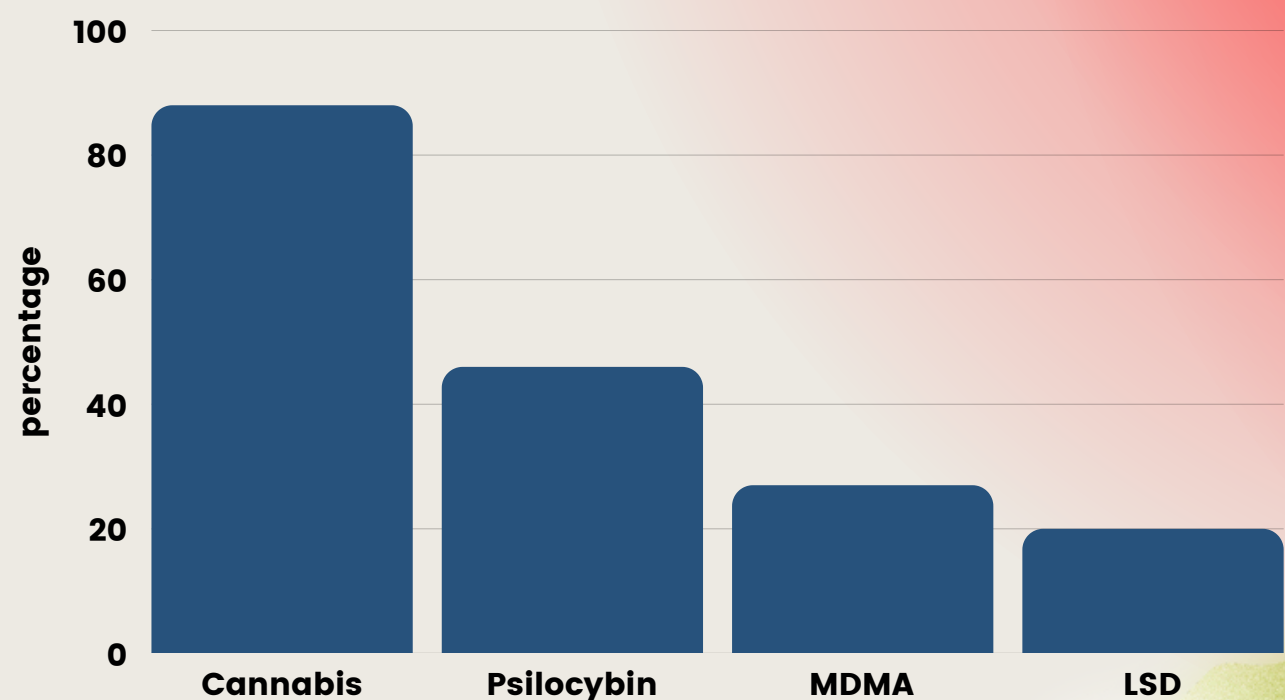
# CANNABIS & PSYCHEDELICS

Other Substance Used



Respondents reported use of cannabis (72%), psilocybin (64%), MDMA (45%), and LSD (32%).

Substance Used to Support Mental Health

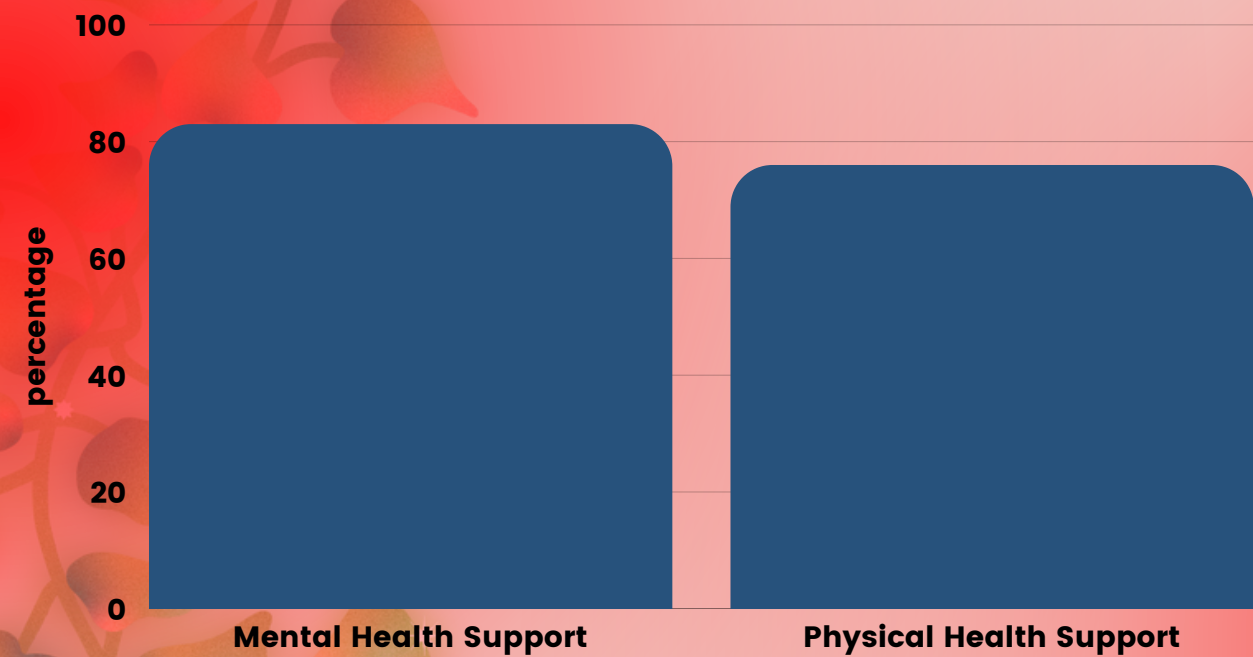


A sizeable percentage said they used these substances to support their mental health: 88% of cannabis users, 46% of psilocybin users, 27% of MDMA users, 20% of LSD users.



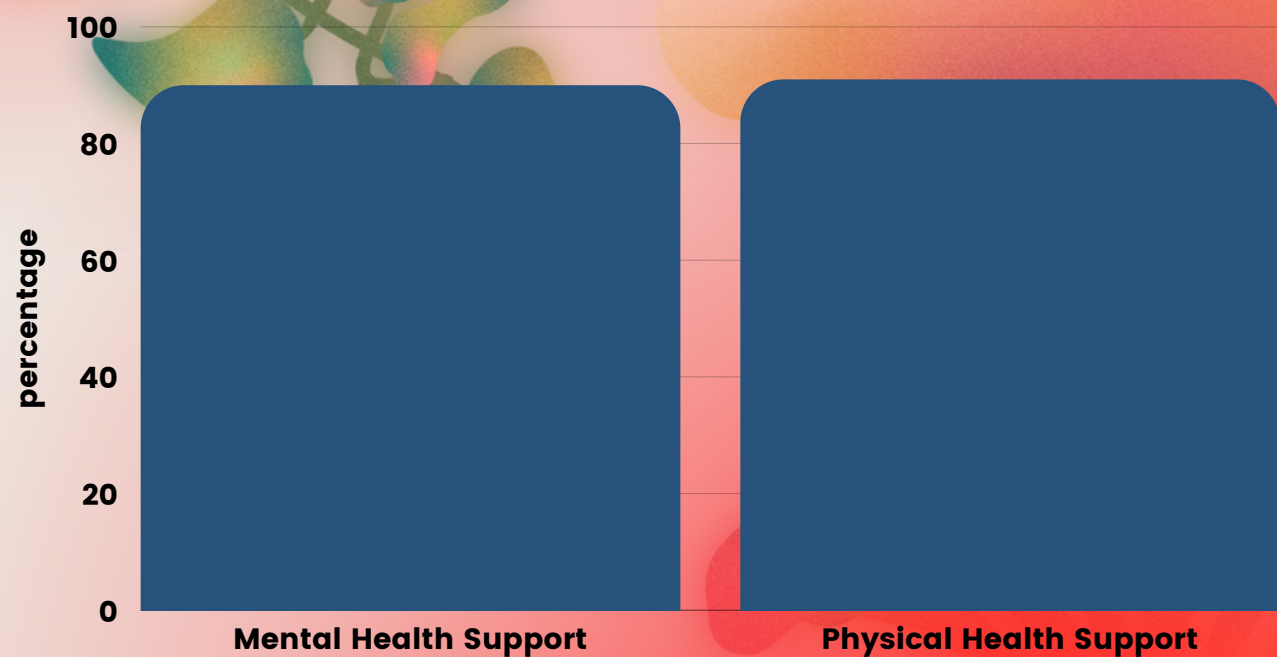
# INTEREST IN PSYCHEDELIC-ASSISTED THERAPY

Reason for Interest in LSD-Assisted Therapy



The vast majority of respondents were interested in both LSD and Cannabis-Assisted Therapy for mental and physical health support.

Reason for Interest in Cannabis-Assisted Therapy



Many respondents also believed that Cannabis-Assisted Therapy (83%) and LSD-Assisted Therapy (75%) could improve their work performance.



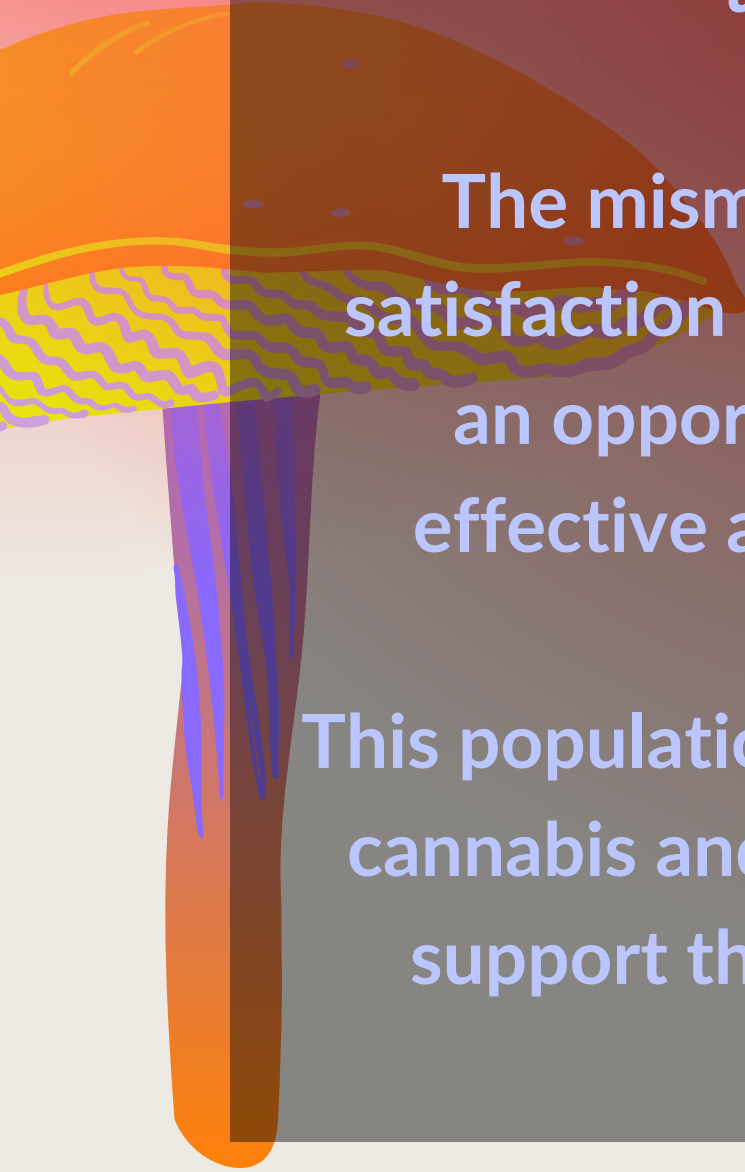
# CONCLUSION & IMPACT



First responders face a disproportionately high mental health burden and dissatisfaction with traditional treatments.

The mismatch between their needs and satisfaction with current treatments suggests an opportunity for alternative safe and effective approaches for this population.

This population has expressed strong interest in cannabis and psychedelic-assisted therapy to support their physical and mental health.





# REFERENCE

**Brodie, S. M., Stunden, C., Olson, J. A., Artenie,  
D. Z., Karapareddy, V., & D'Arcy, R. C. N.  
(2024)**

**Are first responders interested in psychedelics?  
Assessing previous use, interest, and  
willingness to participate in psychedelic-  
assisted therapy.**

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