

## Introduction:

This aftercare document is designed to provide support and guidance to individuals following a psychedelic experience. It is important to take care of yourself physically, emotionally, and mentally in the aftermath of the experience. Please read this document carefully and use the information and resources provided to support your well-being.

## Medical Information:

If you experience any adverse effects, please seek medical attention immediately. You may also contact [insert emergency contact information, such as a medical professional or emergency service \_\_\_\_\_

\_\_\_\_\_].

## Follow-up Support:

For ongoing support, consider reaching out to a therapist or counselor experienced in working with individuals who have taken psychedelics. You may also consider joining a support group to connect with others who have had similar experiences.

Local AZ groups include: <https://www.meetup.com/iczpsychedelics/>  
<https://www.meetup.com/phoenix-psychedelic-society/>  
<https://www.meetup.com/arizona-psychedelic-society/>  
<https://www.meetup.com/humanist-society-of-greater-phoenix/>

## Self-Care Suggestions:

**Rest and hydration:** It is important to get enough rest and stay hydrated following a psychedelic experience.

**Healthy diet:** A balanced diet rich in fruits, vegetables, and whole grains can help support physical and mental health. If you were eating healthy or fasting for part of the experience or days before please continue to do so for at least two more days or up to a week. Heavy, rich and fried foods can cause emotions to become buried instead of experiencing something that needs to fully express itself to be released and allow us to return to health. Ask yourself if you are really hungry before eating or if you are eating to simply regulate your mood or state of mind.

**Exercise:** Regular exercise can help reduce stress, improve mood, and promote overall well-being. At minimum, please go for walks in nature if possible.

**Reflection and journaling:** Taking time to reflect on your experiences and emotions can help integrate the insights and growth from your psychedelic experience.

## Integration Resources:

**Therapy or counseling:** A mental health professional experienced in working with individuals who have taken psychedelics can help you integrate your experiences and make meaning of the insights and growth from your psychedelic experience.

**Support groups:** Joining a support group can provide a safe and supportive space to connect with others who have had similar experiences. (see [meetup.com](https://www.meetup.com) recommendations above)

**Personal practices:** Consider incorporating mindfulness, meditation, or other personal practices into your daily routine to support ongoing growth and integration.

For more ideas and for individual support or referrals please contact Hugh T Alkemi,  
760-909-7606