If this happens to someone you know, take them to quiet surroundings away from bright lights and loud music. Reassure the person that these feelings will gradually wear off and try and keep them calm. Try and stay with them until they are feeling OK.

LSD (acid, trips) is a hallucinogenic drug which can last from 8-12 hours. Once the experience starts there is no way you can stop the process and whilst some people may experience a good 'trip' others may become tense, panicky or paranoid.

If you are upset, worried about something or in a strange environment you are more likely to experience a bad trip.

The only truly safe option is not to take LSD at all.

national drugs helpline
0800 77 66 00