

# T1D SAFETY POINTS FOR ALL CANNABIS, KETAMINE AND HALLUCINOGENS



## **KNOW YOUR SOURCE**

Home testing kits and weighing your dose reduce risk.



## **START LOW AND GO SLOW**

Set and setting matter. These substances radically change perception. Being in an overstimulating, unfamiliar or unsafe space increases psychological risks.



## **THE INVERTED U-CURVE IS REAL**

The right amount might feel expansive. Too much can feel terrifying or dangerous.



## **AFTER-EFFECTS ARE REAL**

Sleep disruption, emotional sensitivity, and a general "come down" can linger for a day or more. Plan for this.



## **SAFETY FIRST**

Ensure you have your full diabetes kit, someone knows what you are taking and that you have T1D, and have CGM followers.



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