



ZENDO PROJECT PRESENTS

# THE PSYCHEDELIC JOURNEY COMPANION GUIDE



## FOR CURIOUS HUMANS EXPLORING ALTERED STATES

Whether this is your first time exploring psychedelics or you have some experience, this guide is here to help you prepare, stay grounded, and navigate your journey with care and intention.

*Think of it as a companion to support you before, during, and after your experience.*

### ⚠️ DISCLAIMER

This guide is for educational and informational purposes only. It is not medical, legal, or mental health advice. Psychedelics can be powerful and are not for everyone—please consult professionals if you have any questions about your mental or physical health or legal rights. This guide does not encourage or facilitate any illegal or irresponsible behavior.

**YOU ARE RESPONSIBLE FOR YOUR OWN EXPERIENCE.**

## KEY QUESTIONS BEFORE YOUR JOURNEY

- Why am I choosing to do this?
- What support or preparation will help me feel safe?
- Am I in a place mentally, physically, and emotionally to explore altered states?



## PREPARATION & PLANNING

### HEALTH CHECK:

Take stock of your current mental and physical health. If you have any significant health or mental health concerns, or you take prescription medications, it's important to consult a medical or mental health professional before proceeding—especially if you've ever experienced mania, psychosis, or severe emotional dysregulation, or if you take medications (such as SSRIs).

While attention to set and setting helps reduce risks, psychedelics can bring up intense material, and may activate underlying mental conditions.

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## CHOOSE YOUR PEOPLE:

Surround yourself with friends or supporters who help you to feel safe, seen, and grounded. Knowing there is support for whatever arises can help you relax into the experience and feel prepared.



- Talk ahead of time about intentions, boundaries, and how to support one another.
- If working with a sitter, choose someone calm, grounded, and non-judgmental.
- Bonus: Sitters with harm reduction training or psychedelic experience offer added support.

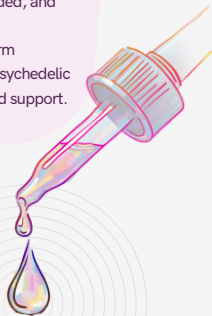
## PREPARE YOUR MINDSET:

- What are you hoping to explore or understand?
- Set a clear intention to guide your journey.



## SUBSTANCE CHECK:

- Always test your substance (DanceSafe).
- Be mindful of interactions if combining substances (TripSit).
- Start low, go slow. You can always take more, but you can't take less.



## CREATE A SUPPORTIVE SETTING:

Choose a calm, safe environment where your body can settle. Reducing stimulation may support inward focus. An eye mask or time in nature can be supportive, depending on what feels right for you.



## HAVE A SAFETY PLAN:

Know who you can call if things get hard. Identify safe people, support lines, or nearby help.

*Remember the adage 'This too shall pass.'*

## DURING THE EXPERIENCE

- Stay hydrated.
- Take breaks when needed—stretch, breathe, rest.
- Choose music or visuals intentionally and avoid screen-time (Movies, TV, etc.)
- Loud crowds, uncomfortable social dynamics, overstimulation, or unsafe vibes can cause turbulence.
- If the vibes are off, consider rerouting- find your friends, a comfortable environment, and peaceful energy.



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### INTEGRATION & REFLECTION

#### AFTER YOUR JOURNEY:

What feelings, images, or insights came up?  
What do I need to feel grounded now?  
What practices help me integrate? (e.g.,  
journaling, talking, movement, rest)

### HELPFUL RESOURCES

#### TRIP PREPARATION

[BEFORE YOU TRIP](#)



#### TESTING & DOSING INFO



[DANCESAFE](#)

#### SUBSTANCE INTERACTIONS

[TRIPSIT](#)



#### KNOW YOUR RIGHTS



[CHACRUNA GUIDE](#)

#### PEER SUPPORT LINE

[FIRESIDE PROJECT](#)



#### INTEGRATION RESOURCE

[INTEGRATION STATION](#)



PSYCHEDELIC HARM REDUCTION & EDUCATION



## ZENDO PROJECT

### ABOUT ZENDO PROJECT

Zendo Project is a nonprofit organization dedicated to transforming the way we care for people navigating challenging psychedelic and emotional experiences. Founded by mental health professionals and supported by a diverse team of volunteers—including doctors, therapists, nurses, social workers, and harm reduction experts—Zendo Project has provided peer support services at events around the world and trained thousands in compassionate care.