

A SHARED, NON-COMMERCIAL RESOURCE

Psychedelic Support Resource Map

Find support during or after difficult psychedelic experiences, from peer support lines to specialist clinics.



SCAN TO FIND
SUPPORT
Interactive · always current

In immediate danger? Call your local emergency number now: **911** (US) or **112** (EU & UK). The services below offer support but are not emergency medical lines.

Not sure where to turn? Start with what's closest to your situation.

1 Having a difficult experience right now

Fireside Project: Support Line — Free, confidential, non-clinical peer support by phone or text, during or after a psychedelic experience.
United States · daily 11 a.m.–11 p.m. PT · free · English | [Call or text 623-473-7433](tel:623-473-7433) · firesideproject.org

2 Safe, but needing help processing an experience

Fireside Project: Integration calls — Integration calls as well as in-the-moment support: free, confidential peer support by phone or text.
United States · daily 11 a.m.–11 p.m. PT · free · English | [Call or text 623-473-7433](tel:623-473-7433) · firesideproject.org

El Faro · ICEERS — Up to five free online professional integration sessions, plus medication-interaction guidance, after ayahuasca, iboga, psilocybin and other substances.
International · online · free · Spanish & English | iceers.org/en/how-we-help/prevention-and-harm-reduction-services

Challenging Psychedelic Experiences Project · CPEP — Free monthly online peer-support group, plus guides to post-psychedelic symptoms and recovery.
Online · international · free · English | challengingpsychedelicexperiences.com/online-support-group

3 Symptoms continuing, worsening, or needing clinical assessment

Find a Psychedelic Therapist or Psychiatrist · CPEP practitioner directory — A directory of therapists and psychiatrists experienced with persistent or delayed post-psychedelic difficulties.
Online · international · access depends on location & licensing · directory free, fees vary | challengingpsychedelicexperiences.com/find-professional-support

Clinic for Post-Psychedelic Difficulties · Johns Hopkins — Specialist psychiatric assessment & treatment (anxiety, dissociation, HPPD, psychotic symptoms), led by Azin Bekhrad. No referral needed.
In person in Maryland; telehealth in DC, MD, VA, FL, PA, CO · English & Farsi | hopkinspsychedelic.org/clinic-for-psychedelic-difficulties

Ambulanz Psychedelische Substanzen · Charité Psychiatric University Clinic at St. Hedwig Hospital, Berlin — Specialist psychiatric assessment, medication management, psychotherapy referral, and international online consultations.
Berlin + some international online · German & English | [Call +49 30 2311-2979](tel:+493023112979)

Hochschulambulanz für Psychotherapie · Humboldt-Universität zu Berlin — Outpatient psychotherapeutic diagnosis and treatment; team includes Dr. Ricarda Evens, experienced with persistent difficulties after psychedelic experiences.
Berlin · German & English | psychologie.hu-berlin.de/de/praxis/ambulanz

4 Abuse, coercion, exploitation, or other relational harm

NEST Harm Reduction — Psychedelic-informed psychotherapy, consultation, harm-reduction support, and referrals. Also a good starting point if you're unsure what you need.
Clinical care in CA, TX, CO; referrals beyond · Insurance: Aetna, Blue Shield, Optum | nestharmreduction.com/therapy

Reclamation Collective — Survivor-led nonprofit for religious trauma and spiritual abuse, including exploitation in ceremonial or healing spaces. Virtual peer-support groups and a clinician directory.
Groups virtual/international · directory US & Canada · free (clinician fees vary) | reclamationcollective.com

This resource map is for information and support. It is not medical advice and not a substitute for emergency care. Availability and details change, so please confirm directly with each service.

challengingpsychedelicexperiences.com/resource-map · Hosted by the Challenging Psychedelic Experiences Project (CPEP) · Last reviewed October 2026 · Corrections: psychedelicresourcemap.deputy641@aleeas.com · Free to copy, print and share.