



Mushrooms: who should you call?

After confirmed or possible ingestion. This document cannot confirm a “bad trip” or rule out poisoning.

A serious symptom, immediate danger, or severity you cannot assess?

Yes: call 15 or 112 immediately

The person is not responding normally, is having trouble breathing, is having seizures, collapses, feels seriously unwell or has chest pain. Or their agitation, confusion or actions put anyone in danger, including themselves.

One sign is enough to call. Do not wait to identify the substance.

No apparent serious symptoms: poison control centre

If poisoning is possible, seek advice immediately, **even without symptoms**. Symptoms may appear later.

Paris Poison Control Centre, 24/7: 01 40 05 48 48

Other French centres: centres-antipoison.net. If their condition worsens or becomes worrying: 15 or 112.

114 is accessible via text message, app and online, among other options, for people who are deaf, deafblind, hard of hearing or have aphasia. Outside France, call local emergency services. 112 is the European emergency number.

While waiting for instructions

1. Stay with the person, speak calmly and remove hazards if you can do so without putting yourself at risk. Do not confront a violent person.
2. If they are unconscious but breathing normally, follow the instructions from 15 on placing them in the recovery position. Report any fall or injury.
3. If they are not breathing normally: call 15 or 112, put the phone on speaker and start CPR as instructed.

Avoid: making them vomit, giving them milk, giving them anything to drink before getting poison control advice, or giving them alcohol, another drug, medication or charcoal without medical instructions. Do not let them drive or arrange transport on your own initiative. Do not wait for them to “sleep it off”.

Contacts checked on 19 October 2026 with Service Public and the poison control centres. Detailed sources are in the article. Apparent improvement is no substitute for professional advice.



What should you tell emergency responders?

In France: serious symptoms or danger, call 15 or 112. Otherwise, if poisoning is possible: contact a poison control centre immediately, even without symptoms.

Do not delay the call to fill in this page. Do not hang up until you are told to.

Exact location, access details and callback number:

Age, approximate weight, known medical conditions and treatments:

Suspected substance, source and quantity (known, estimated or unknown):

Time of ingestion, time symptoms began and how they have changed:

Other substances taken and anyone else who may have been exposed:

Current condition: are they responding, are they breathing normally, what symptoms are present?

Keep any remains, packaging and photos already available for the professionals. Do not taste the mushroom or try to identify it using an app or AI. Do not go back to collect a specimen.

Instructions received, time and person spoken to

To discuss substance use outside an emergency: Drogues Info Service, [0 800 23 13 13](tel:0800231313), from 8 am to 2 am every day, free and anonymous calls. This service does not replace emergency services or a poison control centre.

Do not leave the person alone. If their condition worsens or anyone is put in danger, call 15 or 112 again. This sheet provides no dosage information, advice on use or diagnosis.