

Silver Linings Therapy Toolkit

Ketamine & Psilocybin Assisted Therapy
Version September 2025

This quick reference sheet is designed for patients preparing for their therapy journey. It highlights essential steps and reminders to help you feel supported and ready.

- Bring a trusted support person or arrange safe transportation home.
- Eat lightly and follow clinic guidance the day of your session.
- Dress comfortably and bring any comfort items (eye mask, blanket, music).
- Set an open intention for your journey (no fixed agenda needed).
- Allow time to rest after your session and plan for gentle integration.

For full details, please refer to your Silver Linings Patient Manual.