EYE OF THE MYSTIC

Wondrous Item, uncommon (requires attunement by a Sorcerer, Warlock, or Wizard)

This item consists of an eye-shaped gem set into a braided leather headband. It has 3 charges, and regains 1d3 expended charges daily at dawn.

When you deal damage from a spell or cantrip while wearing the Eye, you can open a psychic bridge to one of the damaged creatures and use it to deal an extra 1d6 psychic damage per charge expended. The target of this psychic damage must succeed on a Wisdom saving throw against your spell DC or be frightened until the end of your next turn. The saving throw is made with disadvantage if you expend more than 1 charge.

> Bogsy's Magical Scrolls (magicalscrolls.com)