

look different for each person!
Overdose and Overamping can

life.
your body and endanger you
the effects of a drug overwhelm
Overamping is different from an
overdose. An overdose is when
distressing, or uncomfortable.
become overwhelming,
cocaine or methamphetamine
effects of stimulants such as

What is overamping?

Overstimulation and "Overamping"



Have you ever felt wierd or uncomfortable after using stimulants?
You might have experienced "overamping"!



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Stimulant overdoses involve:
Overheating/Heat Stroke
Stroke
Seizure
Heart Attack

When does overamping become overdose?

Tips to prevent risks:



- Self-care including sleeping, drinking water, eating, bathing
- If you are in a new place or with new people, use less or wait until you are in a more comfortable situation.
- Be mindful of mixing drugs, as they can change the effects of each individual drug.
- Pay attention to dosage

- Causes of overamping:
1. Higher dosage or Lower tolerances makes easier to overamp. It is important to start low and slow.
 2. Lack of rest, especially if you have gone several days without sleep.
 3. Using in an unsafe place or with people you don't trust

Symptoms of Overamping: PHYSICAL SYMPTOMS



- Jerky movements (noodle grooving)
- Inability to remain still
- Chest pain
- Uncontrollable clenching of teeth
- Fast and racing heart
- Irregular breathing
- High body temperature
- Fainting (but still) breathing

Symptoms of Overamping: MENTAL SYMPTOMS



- Extreme paranoia
- Extreme agitation
- Increased aggression
- Suicidal ideation
- Confusion
- Restlessness
- Hyper-vigilance
- Intense panic
- Hallucinations/delusions

4. Using with other drugs.
5. How a person uses drugs, whether by smoking, injecting, eating, snorting or other routes, can have an impact on how they feel.
6. Physical health