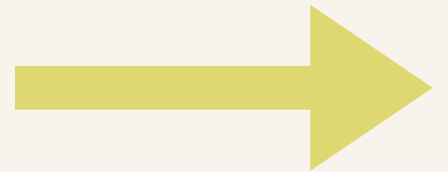
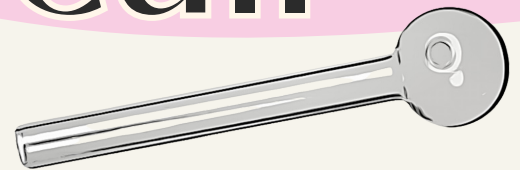


OVERAMPING PART 2:

causes & when to call for help



causes of overamping



- Higher doses of a drug than usual
- Lower tolerance: if you're using a stimulant and took a break from using it, start with a lower dose when you use this drug next.
- Lack of sleep, especially multiple days in a row
- Using for multiple days in a row
- Your setting and environment could increase your risk of overamping;
 - You may be more likely to overamp in a new setting

02



causes of overamping



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- The way you take the drug. How you use your drugs impact how quickly it onsets:
 - Snorting → Boofing → Smoking → Injecting
- Your physical health.
 - If you're sick your body may not handle drugs well
 - If you have endocarditis, there is a higher risk for a medical emergency like a heart attack.



what to do

Anxiety and mental discomfort are common after someone overamps.



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Tips for coping:

- Cool down - shower if possible
- Hydrate and eat
- Rest
- Change environments - go somewhere you're more comfortable
- Breathing exercises





911

when to call 911

- Strokes - numbness or inability to move one part of body, facial droop, inability to speak
- Heart Attack - crushing chest pain, worse pain with movement, intense sweating
- Overheating - temperature of 104 degrees Fahrenheit
- Seizures
- Psychosis-inability to distinguish between reality & delusional thoughts and/or hallucinations

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how to call 911

911



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State that the individual is having an adverse reaction, avoid saying overamping or overdose.

In most states, you are protected by the Good Samaritan Law, this policy protects the person who calls for help.



is there a reversal agent?

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There is no antidote to overamping like naloxone (the reversal agent in opioid overdoses).



questions?
comment,
email,
or dm
anytime

INFO@EVERYWHEREPROJECT.ORG

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psychosis versus paranoia

Paranoia may be a symptom of psychosis. However, psychosis requires multiple symptoms:

- 1) Delusions: stories or ideas that are not rooted in reality
- 2) Hallucinations: seeing, hearing, feeling, smelling or tasting things that are not there

