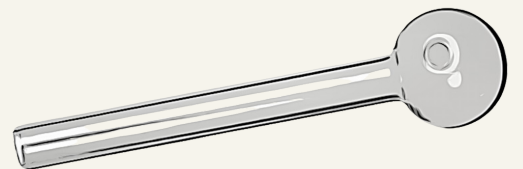


# OVERAMPING:

What is it? &  
Why does it  
matter?



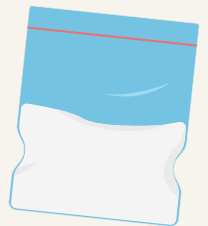
# basics

## definition

- Overamping is experienced when the effects of a stimulant or amphetamine become overwhelming, distressing, and/or dangerous.

## substances involved

- Term overamping is specific to overdosing on stimulants like cocaine, crack, or meth. Can also apply to presc
- Overamping is different from an opioid overdose.



# mental symptoms

# 02

- Confusion
- Restlessness
- Hypervigilance
- Intense panic
- Hallucinations/delusions
- Extreme paranoia
- Extreme agitation
- Increased aggression
- Suicidal Ideation



# physical symptoms

- Jerking movements
- Restlessness
- Chest Pain
- Increased heart rate
- Irregular breathing
- High body temperature
- Fainting but not unconscious
- Uncontrollable teeth grinding



0  
3



# tips for preventing overamping

1. SLEEP
2. Take breaks
3. Stay hydrated & eat food
4. Pay attention to your dose & how frequently you are redosing





**questions?  
email us!**

**[info@everywhereproject.org](mailto:info@everywhereproject.org)**

**05**

# OVERAMPING PART 2:

causes &  
when to call  
for help

