

Overamping 101

Overamping is when the effects of a stimulant drug cause a negative physical or psychological reaction by overwhelming the body. Overamping is different from overdosing because of how the body and mind are affected and different kinds of substances involved.

Calling 911

Seek medical attention if any of the following symptoms are present:

- Heart attack
- Stroke
- Heat stroke (*different from overheating*)
- Psychosis

Stimulants (“uppers”) are the kind of substances most often involved in overamping. Stimulants are a type of substance that speed up the central nervous system in the body including heart rate and blood pressure.

Common Stimulants

Methamphetamine

Cocaine

Crack Cocaine

Caffeine

MDMA



Drink Water

Staying hydrated when using stimulants is very important. Electrolytes or salty food can help too.



Avoid Overheating

Use ice packs or cold water on skin, fan the person, and go to a shaded area or air conditioning.



Rest and Sleep

Take breaks and try to rest. Sleep is important - even if it's a nap.



Manage Your Environment

Go for a walk or get fresh air. Try to be in a place where you are comfortable and feel safe.



Supportive Care

Take deep breaths, eat a snack, or take a shower. Physical touch like a hug or holding hands can also help if feeling anxious or uncomfortable.

Causes of Overamping

Causes over of overamping can be different for each individual based on many factors:

- What drug was taken
- Where it was taken
- Mixing with other drugs
- Tolerance
- Physical and mental health
- Lack of sleep, water, and food
- Route of administration (smoking, inhalation, injection)

