WHAT IS OVERAMPING

Overamping is the term we use to describe an “overdose” on speed or cocaine. Overamping means a lot of things. Sometimes it is physical, when our bodies don’t feel right. Other times it is psychological, like paranoia, anxiety or psychosis—or a mixture of the two. It’s complicated because sometimes one person considers something overamping, and the other person considers it just part of the high.

WHAT CAUSES OVERAMPING

Overamping can happen for a lot of reasons. Overamping might happen regardless of how much or little you use, or how long you’ve been using. It might happen on the 3rd day of a run when your body is run down, or when you get high with people that make you feel weird.

CONTACT US

Humboldt Area Center for Harm Reduction (HACHR)
(707) 407-6013
hachr707.info@gmail.com
OVERAMPING RISKS

You’ve been awake for too long, or haven't gotten enough sleep.

Your body is worn down from not eating or dehydration.

You’re in an uncomfortable environment or with people that are sketching you out.

You mixed drugs with your speed and it sent you to a bad place.

OVERAMPING TIPS

If you or your friend is experiencing anxiety or other symptoms of overamping there are things you can do:

Drink Water or Eat Some Food
Try to Sleep
Change Your Environment
Take a Benzo (Small Dose)
Physical Contact
Walking, Walking, Walking!
Get Some Fresh Air

OVERAMPING SYMPTOMS

PHYSICAL SYMPTOMS

Nausea and/or Vomiting
Falling Asleep/Passing Out
Chest pain or a Tight Chest
High Temperature/Sweating
Fast Heart Rate, Racing Pulse
Shortness of Breath
Limb Jerking or Rigidity
Feeling Paralyzed but Awake
Severe Headache
Stroke
Elevated Blood Pressure
Teeth Grinding
Insomnia or Decreased Sleep
Body Tremors

PSYCHOLOGICAL SYMPTOMS

Extreme Anxiety and Panic
Extreme Paranoia
Hallucinations
Agitation & Aggressiveness
Enhanced Sensory Awareness

OVERAMPING PREVENTION

Get checked out a clinic that you trust, where you can be honest about drug use. We know these are hard to find, but being able to speak honestly may help you come up with ways to stay safe.

Make sure you get your blood pressure, cholesterol, and circulation checked. Having high blood pressure or irregular heart beat can put you at really high risk when you use stimulants.

Take care of your body. If you’re on medication, make sure you take it. Eat well when you can, and stay hydrated.