

Stimulant Overamping

Recognize Signs and Symptoms

01

What is overamping?

Overamping is the result of stimulant use and can occur after using too much of a stimulant, not sleeping, mixing substances, stress, or other factors.

What are the signs of overamping?

- Upset stomach, nausea, or vomiting
- Racing heart and pulse
- Jerky or uncontrollable movement
- Severe anxiety or panic
- Paranoia, confusion, and/or agitation

02

Can symptoms be fatal?

Yes. Overamping does have the risk of stroke, heart attack, seizure, and/or overheating.

03

Is overamping the same as an overdose?

Yes and no. An overdose is the result of taking **any** prescribed or not-prescribed substance. While overamping may not look like an opioid overdose, it can still be dangerous.

04

How to prevent overamping?

- Avoid or reduce use for heart or other conditions
- Go slow
- Use clean supplies
- Eat and stay hydrated
- Never use alone
- Don't mix substances



While naloxone does not work for an opioid overdose, there is a chance that the stimulant was mixed with an opioid. Carry naloxone (Narcan).

For more information visit Partnership to End Addiction:
<https://drugfree.org/article/stimulant-overdose>

Source: Salmassi, M. (2020). Stimulant Overamping (Overamping): What It Looks Like & How to Respond. Partnership to End Addiction.