

# Understanding Stimulants, Overamping & Harm Reduction

## What Is Overamping?

- Caused by crack, cocaine, or methamphetamines
- Different from opioid overdose – more mental distress than respiratory failure
- No antidote like Naloxone

Triggered by:

- High doses
- Sleep deprivation
- Mixing drugs
- Unsafe environments
- Physical illness

## Emergency vs Non-Emergency

Call 911 for:

- Heart attack, seizure, stroke, psychosis, overheating

Support with rest if:

- Paranoia, agitation, hallucinations (non-violent), confusion

## Overamping Symptoms

Mental:

- Confusion, hallucinations, paranoia, aggression
- Restlessness, suicidal thoughts, psychosis

Physical:

- Racing heart, chest pain, seizures
- High body temp, irregular breathing, passing out

## Harm Reduction Strategies

- Get sleep and take breaks
- Eat and hydrate
- Limit mixing with other drugs
- Use a scale to measure dosage
- Change method of use (less risky methods)

## Personal Safety Tips

- Don't combine drugs
- Only use with trusted people
- Don't take unknown pills or drinks
- Test for date rape drugs if unsure
- Prioritize mental health and overall wellness

## What Harm Reduction Is (And Isn't)

- Not enabling — it's acknowledging drug use exists and reducing harm
- Prioritizes empathy, connection, and safety
- Rejects "tough love" that isolates people in need
- Evidence shows harm reduction saves lives through MAT, syringe access, and therapy