






## PHYSICAL SYMPTOMS

OVERAMPING

- Insomnia
- Teeth grinding
- Feeling paralyzed
- Convulsions/tremors
- Limb jerking or rigidity
- Nausea and/or vomiting
- chills/sweating
- fever temp
- stroke/heart attack
- Severe headache
- shortness of breath
- Irregular breathing or
- high blood pressure
- Fast heart rate/pulse
- Chest pain or tightness

## INCREASED RISK

OVERAMPING

- Been up for too long (sleep deprivation)
- Worn down from not eating or drinking enough water.
- In a weird or uncomfortable environment or with people that are sketching you out
- Did "that one hit too many"
- Mixed other drugs with speed & sent you into a bad place.






## OVERAMPING & COCAINE

OVERAMPING

There hasn't really been a term like "overamping" to describe an overdose on cocaine/crack

coke overdose is often similar to the physical & psychological effects of overamping on speed, but coke is much more likely to cause seizures, heart attacks &/or strokes

## WHAT IS OVERAMPING?

OVERAMPING

Overamping is the term used to describe an "overdose" on speed or cocaine. It can be physical or psychological—or both

It's complicated: one person may consider something overamping, & another may consider it part of the high, or enjoys a feeling that others hate

OVERAMPING

## PSYCHOLOGICAL SYMPTOMS




- RESTLESSNESS/IRRITABILITY
- HYPERVIGILANCE
- ENHANCED SENSORY AWARENESS
- SUSPICIOUSNESS
- EXTREME ANXIETY/PANIC
- EXTREME PARANOIA
- HALLUCINATIONS
- EXTREME AGITATION
- INCREASED AGGRESSIVENESS




STREET CATS YYC


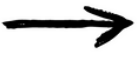
OVERAMPING

## SEIZURE/ STROKE/ HEART ATTACK/ OVER HEATING ARE MEDICAL EMERGENCIES

### CALL 9-I-I



Confident that the problem is not a medical Emergency? There are some things you can do

OVERAMPING



DRINK SOME WATER OR A SPORTS DRINK



CHANGE THE ENVIRONMENT OR THE PEOPLE YOU'RE WITH



TAKE A Warm/Cool SHOWER



EAT SOME FOOD



PHYSICAL CONTACT WITH MASSAGING



GO FOR A WALK WALK IT OFF!



APPLY AN ICEPACK TO YOUR NECK



GET SOME FRESH AIR




SWITCH HOW YOU'RE USING. (IF YOU'RE SHOOTING SWITCH TO SHOOTING)




GET SOME SLEEP



OVERAMPING



## OVERAMPING



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