


Danger/Risks of Stimulant Overdose (Overamping)

Signs To Watch For

How To Help

 <p>Overheating or heat stroke</p>	Excessive sweating, headache, skin that is red/hot or cold/pale. Dizziness, nausea/vomiting, confusion.	Cool down with wet towels, fans, ice packs, cold water, or suck on ice. CALL 911 if signs last for more than an hour.
 <p>Heart attack, stroke, or seizure</p>	Racing heart rate, slurred speech, chest pain, confusion, inability to walk or move, numb limbs, shaking, headache, can't wake.	CALL 911 right away if you see or feel any of these signs.
 <p>Breathing slows or stops</p>	Slow or no breathing, snoring, gurgling sound, blue or gray skin or lips, unresponsive.	CALL 911 , try to wake them, give Narcan, give rescue breaths if they are not breathing.

Causes of stimulant overdose:

- Using too much
- Staying high too long
- Malnutrition & dehydration
- Using stimulants with opioids (ex. heroin or fentanyl), benzodiazepines or alcohol)
- Using drugs or being high alone (absent from help)

When someone is in crisis, they may feel strong paranoia, agitation, depression, or fear. They may see, feel or hear things that are not real.

If you think someone might hurt themselves or someone else,



Call 911

- Tell 911 operator that a person is having a **mental health crisis**.
- Describe what they are doing (example: walking into traffic, talking about suicide, hurting someone, etc.).
- If this has happened before, tell operator what response worked in the past.
- You do not need to mention drugs.
- Operator may ask if they have a weapon.

Additional Resources

24 Hour Mental Crisis Hotline (For non-life-threatening crisis)

- 1-888-881-4881

Get Help Now Hotline

- 1-800-662-HELP (4357)

Substance Use Prevention and Treatment Services of Care

- Adults: (916) 874-9754
- Youth: (916) 875-0185



Visit letstalkmeth.org for more resources for transitional housing, rehab centers, support groups, DUI programs, community-based agencies, and much more.

**Know the signs.
Save a life.**