

Mental Health Crisis

Overramping can cause hallucinations or psychosis. This can be traumatizing, scary, and unsafe because the person isn't fully in control of the environment and reactions of others.

Offer the person in crisis support that respects their autonomy:

- Find them a safe space to stay calm, get some sleep, and offer water or food if desired
- Is there a person they feel safe with or can talk to? Can you get ahold of that person for them?
- Is there an unarmed crisis response team you can contact to try and help the situation?
- If not, call 988 (may call police) or 911
- Stay with the person until further help arrives

Psychosis and paranoid delusions can happen to anyone who hasn't slept for three or more days, even if they aren't using drugs.

In all situations of overramping, avoid using restraints. Restraints can make the person more upset and make things worse.

Support Services

- **Safe Spot:** (800) 972-0590
- **Never Use Alone:** (877) 696-1996
- **Psychedelic Support Line** call or text: **62-FIRESIDE**
- **Non-carceral helplines:**
<https://thrivelifeline.org/resources>

HOW TO PREVENT OVERAMPING

1 PREPARE

- Use in a safe place with trusted people.
- Make a plan that works for you about how much you spend and use.
- Prepare with:
 - Healthy foods and snacks set out for later (complex carbs & proteins are the best)
 - Water, or sports drinks, or banana available to remind you to stay hydrated and replenish your electrolytes
 - Gum, lip balm, and mouthwash to keep your lips/mouth from getting dry
 - Hygiene and oral health supplies
 - Safer sex supplies like lubricant and condoms, Pre-exposure prophylaxis (PrEP), know sexual boundaries and consent

2 KNOW YOUR HEALTH

- Health conditions can cause more overramping (high blood pressure, heart infections, or liver damage). It's important to see a trusted medical provider to help you manage this.
- Take care of your body - are you drinking enough water, eating enough food, and getting enough rest and exercise?
- Mental health is just as important as physical health. Pay attention to how you're feeling.
- Ask yourself: will this help me feel better or worse? Recognize the things that can trigger you to panic or pick.

3 LOWER YOUR RISK

- Set up your environment:
 - Use drug test strips and drug checking services when you can
 - Have naloxone out and ready
 - Use with trusted people
 - Call an overdose prevention hotline if using alone
- Change the way you're using drugs:
 - If you're getting symptoms from injecting, try smoking or spreading out your shots
- Do a test dose first by doing a small amount to check the drug's strength
 - If you don't want to prepare two syringes, you can also sniff a test line
- Moderate your use by keeping track and taking breaks
- **AVOID** smoking your stimulant before injecting as this increases your chances of overramping

4 COMING DOWN

- Keep in mind how coming down can make you feel:
 - Cocaine and crack cocaine act quickly but don't last long, and the "comedown" can feel really bad
 - Meth "comedown" can make you feel very tired, anxious, and sad
- Trying to stop the "comedown" can make you use too much and too often, which can lead to overramping

STIMULANTS + OVERAMPING



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WHAT ARE STIMULANTS?

Stimulants are drugs that make your body and brain more active. They can cause your heart to beat faster and increase blood pressure. Stimulants can be in natural forms, prescription medications, and the unregulated drug supply.

Examples of stimulants:

- Methamphetamine
- Amphetamines
- Cocaine
- Crack-Cocaine
- Cathinones (“Bath salts”)
- Khat
- MDMA (Ecstasy/Molly)
- Caffeine
- Pseudoephedrine



Medical uses for treatment of:

- Narcolepsy
- Attention Deficit Hyperactivity Disorder (ADHD)
- Attention Deficit Disorder (ADD)
- Nasal and sinus congestion
- Obesity

Other uses:

- To stay awake
- To stay alert for safety
- To feel more confident, focused, or energetic
- To enhance sexual pleasure

| Health Risks from Stimulant Use | |
|---------------------------------|---|
| Common | Decreased appetite, weight loss, headache, anxiety, jitteriness, insomnia, itchiness, high blood pressure |
| Alarming | Paranoia and psychosis, shortness of breath, chest pain, rapid heart rate, palpitations, irregular heart rate, seizures, sudden heart attack, stroke, death |

WHAT IS OVERAMPING?

Overamping or a “stimulant overdose” happens when the body is overworked due to too much stimulant. This creates negative physical and/or mental side effects. Overamping does not feel the same for everyone and can be caused by different factors.

WHAT COULD IT FEEL LIKE?

Mental Symptoms

- Anxiety
- Confusion
- Hallucinations
- Panicking
- Extreme paranoia
- Extreme agitation
- Increased aggressiveness
- Suicidal thoughts

Physical Symptoms

- Chest pain, fast racing heart
- Irregular breathing
- Passing out (but still breathing)
- Jerking movements and unable to stay still
- Hot, sweaty skin, shaky
- Uncontrollable teeth grinding



WHAT DO I DO?

General Care:

- Stay with the person to keep them calm and feel safe
- Find a quiet, safe place, with low lighting
- Use soft, peaceful music if desired
- Speak in a calm, soft voice and use positive messages
- Provide cooling measures such as cold water, a fan or air conditioned room, cool/wet cloths

CALL 911 OR GO TO THE EMERGENCY DEPARTMENT:

HEART ATTACK

- Very fast/irregular heart beat
- Chest pain/tightness (worse with movement)
- Shortness of breath
- Discomfort in other areas of the upper body
- Drenching sweat
- Nausea/vomiting
- Cold/clammy limbs

Perform CPR if needed.

SHORTNESS OF BREATH

- Uncomfortable feeling of not being able to breathe deeply or getting enough air
- Chest tightness
- Can come on gradually or suddenly

Offer the person in crisis support that respects their autonomy.

STROKE

- Sudden numbness (especially on one side of the body)
- Trouble speaking or understanding
- Trouble seeing or walking
- Dizziness
- Sudden confusion
- Sudden severe headache
- Uneven facial features

Perform CPR if needed.

SEVERE OVERHEATING “HEAT STROKE”

- Body temperature >104 degrees despite using cooling measures
- Nausea/vomiting
- Headache, dizziness, and fatigue
- Hot and flushed skin
- Fast heart rate
- Dry skin, not sweating

Help them cool down and check in.

WHAT DO I SAY?

- Stay as calm as you can
- Tell dispatch what you see:
 - “My friend is having seizures”
 - “My friend is overheating and having severe chest pain”
- Stay with the person until paramedics arrive and tell them what happened

SEIZURES

- Loss of consciousness or awareness
- Feeling “fuzzy” or confused
- Tingling/numbness
- Forgetfulness, falling, and blank stares
- Convulsions, spasms

Lay them down, on their side, head turned to help breathing. Loosen anything around their neck. Put a cushion under their head and clear the area of any sharp objects. Do not restrain or put anything in their mouth. Stay with them and keep track of how long the seizure lasts.