



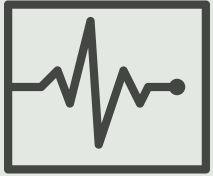
Responding to stimulant over-use and overdose



Call 911 Stay and help

There is no antidote for stimulant over-use or overdose. Naloxone will help if a person has taken a mix of drugs. When in doubt, use naloxone. It's safe.

Signs of stimulant over-use or over-amping



- Rigid, jerking limbs.
- Fast or irregular pulse or chest pains.
- Skin feels hot, sweating or severe headaches.
- Anxiety, paranoia, confusion, agitation or hallucinations.

What to do in case of stimulant over-use



- Remove objects nearby that could hurt them
- Do not restrain or put anything in their mouth.
- Encourage them to not use any more substances.
- Move them away from activity and noise.
- Give them water but don't over-hydrate.
- Place cool, wet cloths on their forehead, back of neck, armpits.
- Reassure them that symptoms will subside.

Signs of stimulant overdose



- Crushing chest pain. If the heart has stopped, give chest compressions.
- Seizures.
- Unconscious or in-and-out. If unconscious, do not put anything in their mouth.

What to do in case of stimulant overdose



- **Call 911.**
- Stay calm and help.
- Keep the person comfortable, conscious and hydrated.
- Naloxone can help if a person has taken a mix of drugs. When in doubt, administer naloxone. It is safe to use.

When people are coming down



- Coming down or withdrawal of stimulant use include:
- Difficulty sleeping, including twitching arms and legs and effects of sleep deprivation.
 - Paranoia (fearful and mistrustful).
 - Hallucinations and confusion.
 - Short-tempered and feeling down.
 - Short-term memory loss.
 - Depression, cravings and suicidal thoughts.

How to support people with unintended reactions



Remember that most altered states are temporary. People can appear to be extremely agitated or in a psychosis-like state. People react to stimulants differently and differ in what feels supportive. People who use stimulants face stigma and are often turned away from medical, social or housing services for seeming high. Regardless of why someone is in an altered state, they should be provided with appropriate care and access to services.

- Avoid passing judgement.
- Keep your voice low, calm and steady.
- Let the person speak without interruption.
- Ask the person what might help them feel better.
- Let the person speak at their own pace.
- Offer the person a quiet space and time to recover, if possible.
- Behaviours like rocking or repeating themselves are self-soothing. Don't discourage unless they are harming themselves.
- Encourage them to drink some water.
- Be supportive by reassuring them they will be okay and what they are experiencing will pass.

If the person becomes violent to themselves or others, call 911.