

Staying Safe: What You Need to Know About Using Methamphetamine and other Stimulants

What to Do If You or Someone Else is Overamping

“Overamping” is a term used to describe an overdose on stimulant drugs such as methamphetamine (“meth”), cocaine, crack, or prescription stimulants like Adderall. It occurs when the body is overwhelmed by the effects of the drug, leading to physical and psychological distress and potentially life-threatening medical emergencies.



Cool Down

Use a fan, apply cold water, or move to a cooler area to lower body temperature



Eat & Hydrate

Eating a small amount of food and drinking fluids can help your body calm down.



Breathe Slowly

Take deep breaths to calm your body and mind.



Seek Medical Help

Call 911 if symptoms worsen, such as chest pain, seizures, or loss of consciousness.



Lower Stimulation

Move to a quiet place away from bright lights or loud noises.

Manage Anxiety: Simple Strategies for Staying Calm

Feeling overwhelmed? Try these science-backed techniques to regain control and ease stress:

Breathe Deeply

Slow, deep breaths help signal your body to relax. Try the 4-7-8 method: Inhale for four seconds, hold for seven, and exhale for eight. This can slow your heart rate and reduce anxiety.

Relax Your Body

Progressive muscle relaxation can release tension. Start by tensing and relaxing each muscle group, beginning with your toes and moving up to your head.

Practice Mindfulness

Focus on the present by noticing your surroundings, thoughts, and sensations without judgment. Bringing your attention to what is happening right now can help reduce anxious feelings. If this feels hard, closing your eyes or limiting sensory input may also help reduce stimulation.

Use Grounding Techniques - 5-4-3-2-1 Method

Identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. Hold something cold, like an ice cube, or press your feet firmly against the ground to stay centered.



For quick access to harm reduction tools and resources, scan the QR code or visit nvpioidcoe.org/resources/topic/stud/

Staying Safe: Quick Tips



Use Safer Methods

Smoke instead of injecting, or try a test shot first. Avoid mixing drugs to reduce risks.



Take Smaller Amounts

Use less, less often, or skip certain days. Track your use to stay in control. Reducing use can improve heart health, energy, mood, and lower the risk of dangerous symptoms like overamping.



Take Care of Your Body

Rest, eat, and stay hydrated to support your health and energy.



Test Your Drugs

Use fentanyl or xylazine test strips and keep naloxone and clean supplies on hand.



Be Aware of Mixing Risks

Avoid combining stimulants and opioids, which can increase overdose risk and make reactions unpredictable.



Make a Plan

Decide ahead of time what you will do if things start to feel overwhelming. Know who to call, where to go, and when to ask for help so you can act quickly if overamping happens.



Stay Connected

Use around trusted people or in safe spaces where help is available if needed.



Stay Calm

Pay attention to how you feel. If you start feeling anxious or overwhelmed, simple calming techniques can help.

Support is Available – Know Who to Call

Need to Talk to Someone Who Understands, but Not in Crisis? Call the Nevada Warmline (775-241-4212)

Talk one-on-one with someone in recovery who understands. Free, confidential peer support every day from 12 PM–10 PM.

Mental Health or Substance Use Crisis? Call or Text 988

If you or someone else is panicking, thinking about suicide, or needs help to calm down or stay safe. Free, 24/7 support from trained counselors who will listen and help you get through it.

Using Alone? Call Safe Spot 800-972-0590 (toll free)

Using alone? You don't have to be. Call Safe Spot for free, confidential 24/7 support. Someone with lived experience will stay on the line and call for help if needed.

Medical Emergency? Call 911

If someone stops breathing, has chest pain, seizures, or is unresponsive. You can say, "Someone isn't breathing," and stay on the line. You won't get in trouble for trying to save a life.

Good Samaritan Law

Nevada's Good Samaritan law helps protect you if you call 911 for an overdose. If you call for medical help for yourself or someone else, you won't get arrested for small amounts of drugs or supplies just for trying to save a life.

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