RECOGNISING & RESPONDING

PSYCHOACTIVE SUBSTANCE OVERDOSE

SIGNS OF OVERDOSE
• Rigid muscles/spasms
• Shaking/shivering
• Fever/overheating
• Nausea or vomiting
• Difficulty/stopping breathing
• Can’t be woken up
• Seizure
• Confusion or distress
• Paranoia, fear and panic
• Agitation and aggression

HOW TO RESPOND
• Check for danger
• Call an ambulance and stay on the line
• If confused or panicking try to reassure them
• Maintain calmness
• If overheating try to cool them by loosening clothes
• If you can’t get a response put them in the recovery position

Please note: The effects of this kind of overdose vary from substance to substance based on whether it is a stimulant or a depressant. For details refer to fact sheet.