

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.

TIME TO
REMEMBER.
TIME TO ACT.



**International Overdose
Awareness Day**

prevention and remembrance

A Penington Institute Initiative

31 AUGUST

**INTERNATIONAL
OVERDOSE
AWARENESS DAY**