

OVERDOSE AWARENESS



You can overdose from taking illicit substances, prescribed medicines and Over-The-Counter (OTC) medicines.

What you need to know

An overdose occurs when a person takes more than the medically recommended dose of a drug or more than their body has developed a tolerance for. Some people may be more sensitive to, or have a lower tolerance for, certain medications and so will overdose on a lower amount than another person.

Drug or Medicine overdoses can be accidental or intentional.



Why is it Dangerous?

An overdose may cause

- **Death from heart failure:** the heart rate is slowed or stopped
- **Liver failure:** the body is unable to eliminate the drug fast enough leading to poisoning, or respiratory failure.





Be aware of the physical symptoms of a drug overdose. They vary with the type of drug(s) taken and may include:

- Abnormal or no breathing
- Slurred speech
- Lack of coordination
- Slow or rapid pulse
- Low or elevated body temperature
- Enlarged or small eye pupils
- Unresponsive although awake
- Heavy sweating or red-faced
- Drowsiness
- Delusions and/or hallucinations
- Limp body
- Unconsciousness (may lead to coma)

Always seek urgent medical attention by **calling 999** if you have taken or suspect someone has taken an overdose of any substances even if they are illegal, prescribed, or are Over-The-Counter medications. You will not get into trouble and could save a life.

THE LAW

Consumption or possession of any prescribed drugs not prescribed to you **is illegal.**

For further support and advice contact the EDAS/Reach Young Peoples team. We are here to help! Get in touch with us on 01202 741414 or 0800 0434656 - option 2.



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