

# A little help with...

# PANIC ATTACKS

**Panic attacks can feel very frightening.**

The good news is that although it feels like you cannot cope in the moment, a panic attack will not harm you. Although it can feel very powerful, the feeling will pass and it's important to know this for future reassurance. Everyone can suffer from panic attacks at some time in their life and how they manifest themselves is unique to each individual. Some of the symptoms include; shortness of breath, feeling teary, wobbly legs, sweating palms, dry mouth or chest pains. Try to remember that you will survive this.

You might want to look at the resources on this page or visit your GP who can direct you to other support services such as a counsellor, who can help you work out your triggers and develop coping strategies.



# HELPFUL WEBSITES

## **Mind:**

[www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/panic-attacks/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/panic-attacks/)

## **No Panic**

[www.nopanic.org.uk](http://www.nopanic.org.uk)

## **Young Minds:**

[www.youngminds.org.uk/young-person/my-feelings/panic-attacks/](http://www.youngminds.org.uk/young-person/my-feelings/panic-attacks/)



# VIDEOS

## **Help, I've got an alarm going off in my head:**

[www.youtube.com/watch?v=JFT29GQwIQw](http://www.youtube.com/watch?v=JFT29GQwIQw)

## **Panic attacks**

### **Luke and Jenny's story:**

[www.bbc.co.uk/teach/class-clips-video/pshe-ks2-ks3-panic-attacks-luke-and-jennys-story/zvvqxyc](http://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-ks3-panic-attacks-luke-and-jennys-story/zvvqxyc)



## **Pooky Knightsbridge:**

### **How to support some body having a panic attack:**

[www.youtube.com/watch?v=foxPCzB84XA](http://www.youtube.com/watch?v=foxPCzB84XA)