



Panic attacks affect lots of people, but they can still be really scary and hard to deal with. A panic attack is when you are overdosing on adrenaline released by your body because you're feeling scared. This means your chest is tight, you feel like you can't breathe, your heart beats like crazy, and you feel like you're going to faint or wet yourself.

How can you help someone who is having a Panic Attack?

- Move them to a quiet, safe place if possible.
- Help to calm the person by encouraging slow, relaxed breathing.
- Encourage them to breathe in and hold for 3 seconds and then breathe out for 3 seconds.
- Be a good listener without judging
- Explain that the attack will soon stop.
- Stay with them until the attack stops.

Useful Links to help with Panic Attacks:

www.getselfhelp.co.uk

www.mind.org.uk

www.healthline.com

www.helpguide.org