



Mental Health Information Station

Five Web resources to help cope with panic

Understanding and Coping with panic attacks

W: littf.com/wp-content/uploads/Understanding-and-coping-with-panic-1.pdf

“Panic makes us feel terrible and fear the worst. It causes us to stop what we are doing and seek help. The first thing to know is that during a panic attack your panic is not caused by a looming heart attack or the situation that you are in - its caused by scary thoughts”

NO Panic - Don't suffer alone pick up the phone

W: nopanics.org.uk/panic-attack/

“Are You Having A Panic Attack?”

4 Ways to Curb a Panic Attack

W: www.mindful.org/4-ways-curb-panic-attack/

“Through mindfulness practice we can change the relationship we have with the anxious thoughts and feelings that surface during a panic attack.”

Self Help for Panic

W: www.getselfhelp.co.uk/panic.htm

“Panic Attacks, Panic Disorder and Agoraphobia”

Anxiety, fear and panic

W: www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/

“Most people feel anxious or scared sometimes, but if it's affecting your life there are things you can try that may help”