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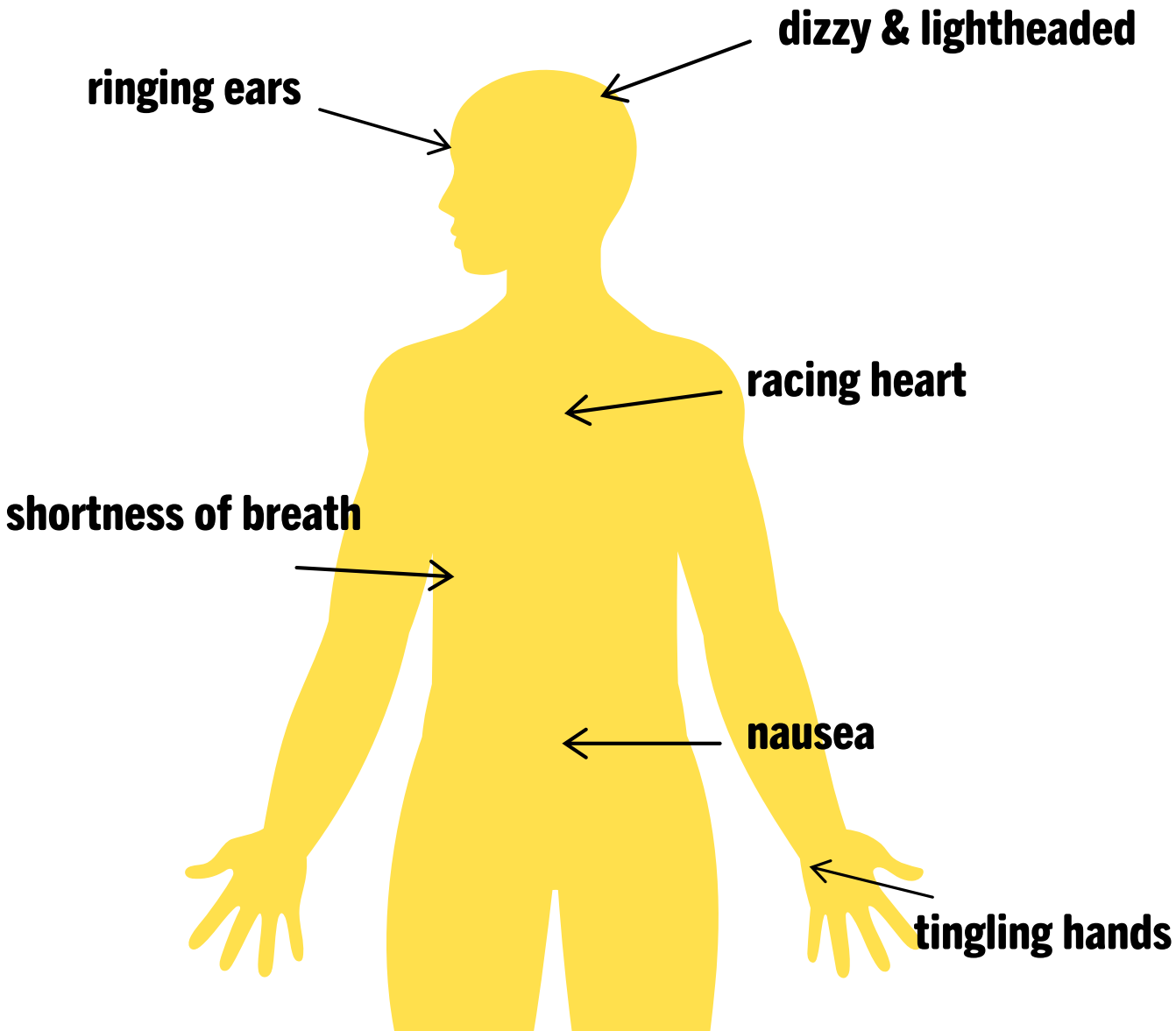
PANIC
ATTACK
TOOLKIT
BACK
ONSIDE

what is a

PANIC ATTACK?

A panic attack is a severe attack of anxiety and fear that often comes on without warning. They can often last anywhere between five to 20 minutes, and can go as quickly as they come on.

Each person's symptoms will vary, but some of the common symptoms of someone having a panic attack include:



how to support someone who is experiencing a

PANIC ATTACK

STAY CALM

It is important to stay calm, reassure them and let them know they are not alone. Encourage them to breathe deeply, and don't downplay their feelings.

ENSURE MEDICATION IS TAKEN

If the person has been diagnosed with a panic disorder, and have prescribed medication, remind them to take it.

STAY WITH THEM

Help them find a quiet space, and stay with them throughout the attack, continuously reminding them that you are there for them.

things you can say:

"you can get through this"

"I'm proud of you"

"what you are feeling is scary, but it will pass"

"I'm here for you"

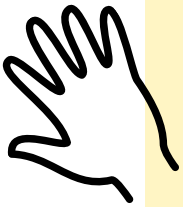
If the panic attack lasts longer than 20 minutes, seek professional medical help.

THE 5-4-3-2-1 METHOD

for someone who is experiencing a panic attack

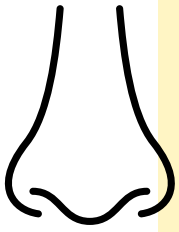
5 *things you can see*

4 *things you can touch*

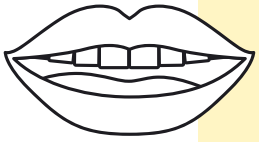


3 *things you can hear*

2 *things you can smell*

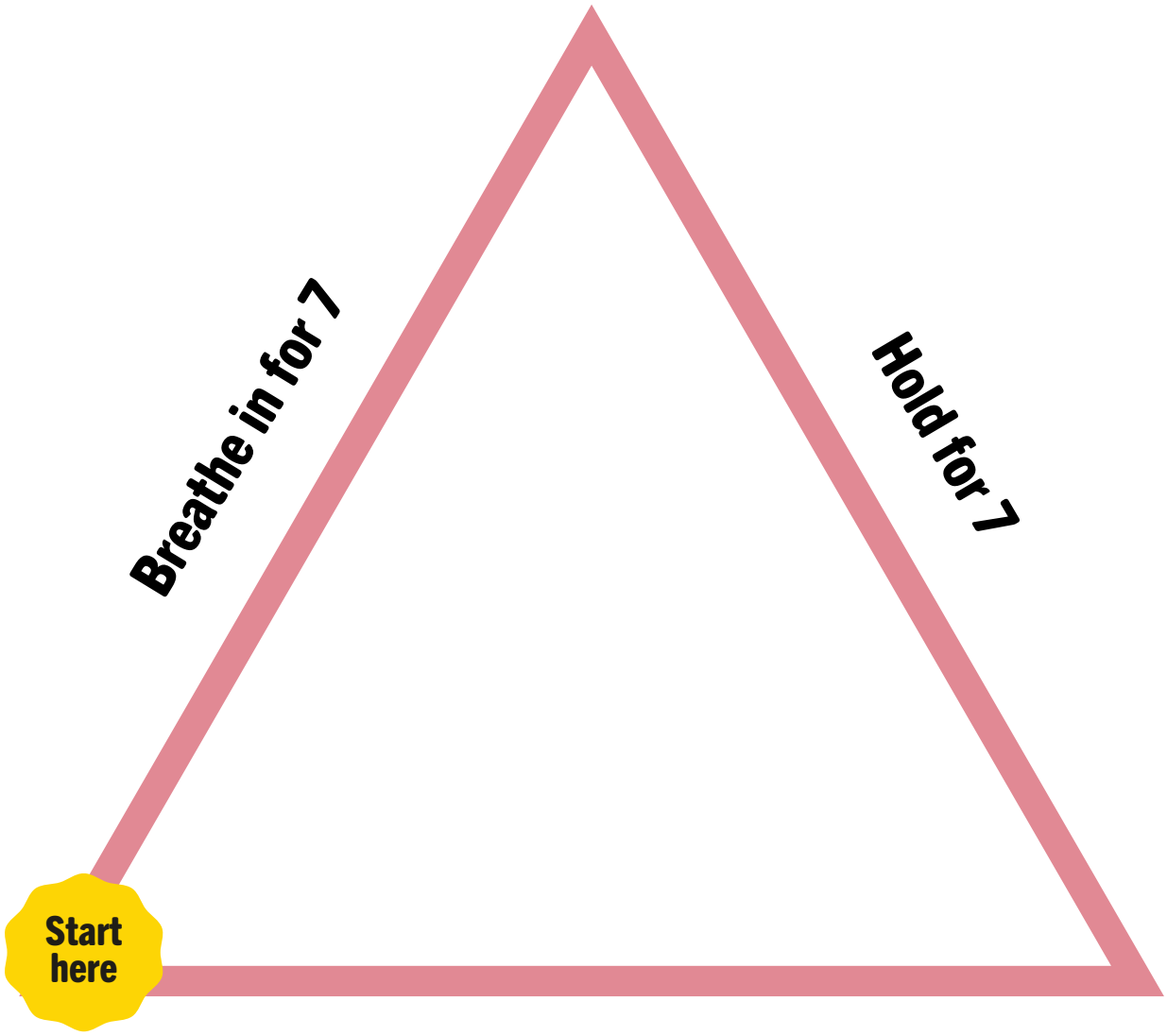


1 *things you can taste*



TRIANGLE BREATHING

BRAIN BREAK



Starting at the left bottom of the triangle.Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.