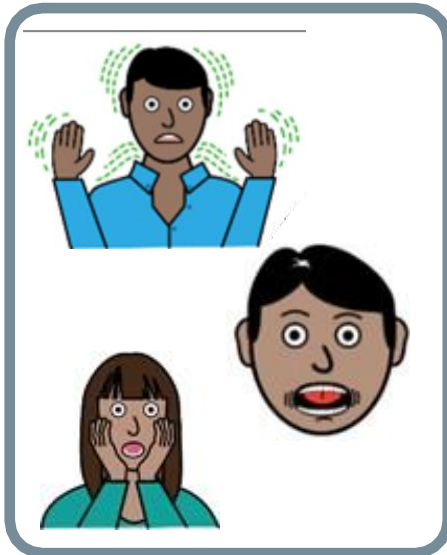


What is Panic?



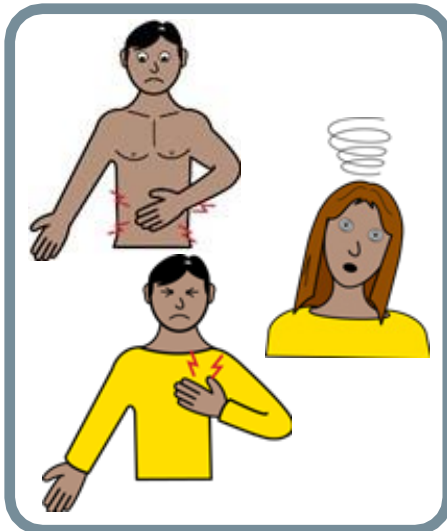
Panic is a strong feeling of being **scared** and **worried**.

You might panic if something you are not expecting happens.

Most people feel panic sometimes.

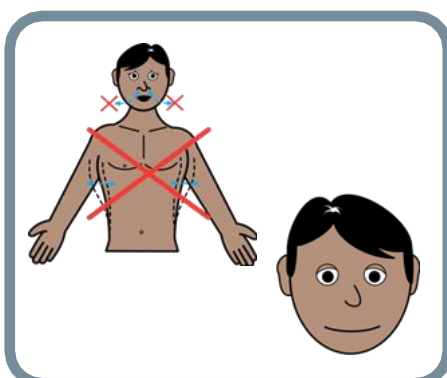
A **panic attack** is a powerful and fast feeling of panic.

It can affect your **body** and your **thinking**.



How a panic attack feels:

- Your feelings might be **stronger**
- It might feel like something **very bad** is going to happen.
- Your **heart** might beat very hard and fast
- Your chest might hurt
- You might feel **dizzy**



What to do if you are having a panic attack:

- Try to remember that the feeling will go away.
- Try to take deep breaths. This will help you feel calmer.
- Remember you are **not ill**. Panic does not make you ill.



No Panic



Telephone helpline: **0300 7729844**

You can ring **01952 680835** at any time of the day and a **recorded breathing exercise** will play.

<https://nopanic.org.uk/the-no-panic-helpline/>



Dial House (Leeds)



Tel: **0113 260 9328**
Text: **07922 249 452**

You can use these numbers to organise a visit or phone call to talk to someone.

If you choose to visit, the people at Dial House will help you get there <https://www.lslcs.org.uk/>