

How To Help Someone Having A Panic Attack



BE CALM

Your unruffled handling of the situation will reassure the sufferer.



BE PATIENT.

Panic attacks vary hugely in length and strength, your support could reduce both of these.

BE REASSURING

Comfort the sufferer. Tell them that they are having a panic attack & you will stay with them until they are okay.



OFFER DISTRACTION.

Ask the sufferer to name 3 things they can see and describe them to you.



TAKE CONTROL

Take the sufferer by the hand and encourage them to breathe slowly. It will help if you do this with them.



CALL OUR CRISIS MESSAGE

If needs be, call our crisis message for the sufferer on 01952 680835

