



Helpline: 0844 967 4848 ♦ Youth: 0330 606 1174
www.nopanic.org.uk ♦ admin@nopanic.org.uk

HOW TO HELP SOMEONE WHO IS HAVING A PANIC ATTACK;

1. Be Calm.

Your unruffled handling of the situation will reassure the sufferer.

2. Be Patient.

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

3. Take Control.

Take the sufferer by the hand and encourage them to breathe through their nose slowly. It will help if you do this with them. Count aloud as you breathe in to the count of 4 and out to the count of 4.

4. Be Reassuring.

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

5. Offer Distraction.

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

Regular relaxation can help reduce the occurrence of panic attacks along with cognitive behavioural therapy.

If needs be our crisis message is free and available 24/7: <https://www.nopanic.org.uk/panic-attack/>

You can listen to this 24 hours a day on the telephone by calling 01952 680835 as a recorded message.