

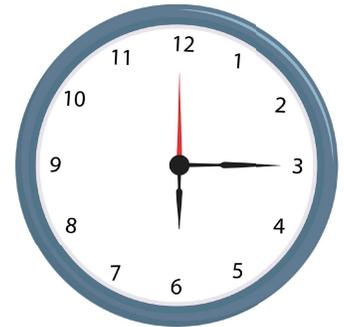
This resource provides information about what a panic attack looks and feels like and what you can do to help people who experience them.

The sudden onset of intense fear and anxiety may mean someone is having a panic attack. During a panic attack, they may feel like they are losing control or that danger is near, even if there is none.



During a panic attack, people may feel very anxious or have feelings that make them think they're dying. These may include a fast heartbeat, sweating, shaking, inability to catch breath, nausea, chest pain, and dizziness.

Panic attacks usually only last a few minutes, but can be scary. The person may think about panic attacks and worry about having another one. They may avoid people, places, or things due to fear of triggering another attack.



Panic attacks can be treated by therapy and/or medication. Cognitive Behavior Therapy (CBT) is commonly used to help people think differently and practice managing their reactions. Medications may also be part of treatment.