

Having a panic attack



Sometimes in class

I feel restless

and can't concentrate



Or when I am at home

I want to be alone in

my room



On public transport I don't like bright lights and loud noises



My hands start to sweat and tremble



My heart starts beating faster



and I feel dizzy and confused



This is called a panic attack

Having a panic attack



If I have a panic attack



at school



I can tell



a teacher



Or if I'm at home



I can tell



my parents



how I'm feeling



Communicating



how I feel



helps me feel better