

Stay

S

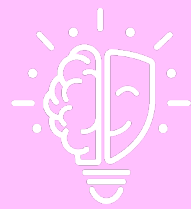
1. Stay with the person.
2. Give your full attention to the person .



Position

P

1. Move them somewhere quiet; away from what could be causing panic.
2. Position them with their back to a wall. They might feel most comfortable with their knees hugged to their chest.



Airways

A

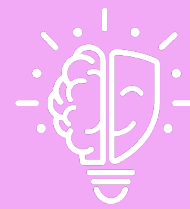
1. Slow down their breathing.
2. Tell them to copy your breathing pattern and gradually slow down until they are breathing comfortably again.



Communicate Environment

C

1. Keeping talking.
Tell them they are safe and although what they are feeling is scary, it is not dangerous.
2. If they can talk, ask them what they need. If they have had a panic attack before then they might know what makes them feel better.



Environment

E

1. Ground them and bring them back into the present.
Talk to them about your surroundings.
"Can you feel the wall behind your back?"
"Look at the pattern and colours on the carpet"
2. Distract them from what you think could be causing their panic.

