



ANXIETY



Anxiety is a mental health disorder that affects

1 in 10

adults, in the UK, in their lifetime.

What does it feel like to have a panic attack?

Getting the shakes

Increased heart beat

Feeling sick/dizzy

Feeling of pins and needles in any part of the body

Feeling uneasy - overwhelming sense of fear or worry.

Sweating Excessively

Dry mouth

There are many factors that can cause an anxiety disorder. It can be developed by stress, physical conditions, genetic backgrounds, hormone imbalance. Anxiety disorder attacks, called panic attacks, are common in people who have anxiety disorder and don't always follow the pattern of triggers. Sometimes stress or fear bring them on and sometimes there can be no obvious trigger to the person experiencing the panic attack or the people with them; this makes them no less intimidating and serious.

Recognising the difference.

Many people who experience a panic attack will mistake it for a heart attack. You don't want to get it the other way around so here are some key differences to look out for.

Don't Risk Chest Pain

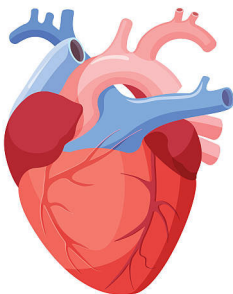
Panic Attack

- **sharp, stabbing** pain in chest

- shortness of breath

- pins and needles sensation in extremities of the body (hands and feet etc)

- Symptoms that resolve in about 30 minutes



Heart Attack

- **squeezing pain** and pressure in chest.

- shortness of breath

- pain running down arm, in jaw and or shoulder blades

- nausea and vomiting

Call 999

If they show symptoms of a heart attack.

Call 111

If you need medical advice but don't require an ambulance.

A lot of symptoms overlap with a panic attack and a heart attack so if there is any doubt

GET A FIRST AIDER AND CALL FOR THE NUMBERS ABOVE FOR HELP.

