

1. Stay

Stay with the person.

Let them know you are going to stay with them the whole time and that you are there to make they are okay and nothing bad will happen.

Sit the person down with something to lean on so they feel more secure.



2. Position

Move the person to a quiet corner if possible.

When in a state of panic, our surrounding feel extremely heightened and being in a busy environment can make this state of panic a lot worse.

Are you able to move them away from the situation causing the panic attack in the first place? A lot of the time this wont be obvious, but moving them somewhere private or more quiet will elevate some of the pressure they will feel.



3. Airways

Help the person with their breathing. During a panic attack breathing can become short and fast and therefore difficult.

The easiest way for someone to regulate their breathing again to to copy someone.

Clearly breathe calmly with them.

TOP TIP: They are breathing very fast so you need to slow them down gradually. If you ask them to breathe with you at a hugely different pace, they will struggle to keep up and can make them feel worse.



4. Communicate

Don't make assumptions about how they are feeling.

Ask them. If they are able to talk, ask them if they need anything specific from you- they may even carry medication on them to help manage panic attacks.

If they can't talk then keep talking to them.

"You are safe here"

"What you are feeling is scary but you are not in danger"



5. Environment

It is important to distract them from what has caused the panic attack and ground them by mentally pulling them out of their panic attack.

Talk to them about the present.

"Can you feel me touching your hand?"

"Can you feel the wall behind your back and the carpet under your legs?"

You don't need an answer to these questions

"Look at the pattern on the carpet"

"We are at the theatre. I am here with you and we are sat by the stairs"



Calming a Panic Attack