

### How do I get help?

You can access our service by:

- Contacting the Let's Talk team

Let's Talk IAPT Services  
 121 -131 Eastgate Street  
 Gloucester  
 GL1 1PX

Telephone: 0800 073 2200

Web: [www.talk2gether.nhs.uk](http://www.talk2gether.nhs.uk)

- Talking with your family doctor or primary healthcare professional e.g. practice nurse, district nurse, health visitor or midwife
- Contacting a variety of organisations including; voluntary, community and employment services

### Let us know your thoughts

There is also a patient forum that encourages people who have used the Let's Talk service to share their experience and give us suggestions on how we can improve and develop our services.

Details on how to join the forum are on our website or you can ask a member of the Let's Talk team.

**When you contact us please have your NHS number available.**

**If you can please answer the depression and anxiety questionnaires on our website or using the Positive Steps to Wellbeing leaflet and have your scores available.**



We are here to help you talk about your worries



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# Let's Talk

## Panic Disorder

### Gaining Control of Panic Disorder



## About Panic Disorder

Panic Disorder is very common and affect thousands of people in the UK.

The good news is that they can be effectively treated by a talking treatment called Cognitive Behavioural Therapy (CBT). This is a therapy offered by Let's Talk.

Panic Disorder means you feel extreme terror or fear. This can come on very suddenly and can pass quite quickly. You can feel very tired and shaky afterwards.

During a panic attack you may think something awful is about to happen. This could be fainting, having a heart attack or embarrassing yourself by collapsing or running away from the situation.

You may have some or all of the following experiences:

### Common symptoms

- feeling faint or light headed
- heart racing
- feeling sick
- feeling like you can't catch your breath
- feeling hot, sweaty and shaky

### Common thoughts

- I am going to faint
- I am going to vomit
- I am going to have a heart attack
- I am going mad
- I am going to embarrass myself

### Common behaviour

- getting out of the situation
- avoiding places in which you think you may have an attack
- other behaviours that you think keep you safe

## About Us

Let's Talk is a free service from the NHS, that helps people overcome their difficulties.

Our goal is to help you feel more like yourself again. A trained therapist is at the end of a phone and will listen to your needs, then support and guide you through the Let's Talk service.

Over the phone or sometimes face to face we will:

- discuss your difficulties
- assess your needs
- suggest a way forward

We can offer help through:

- just one or two telephone calls
- self help reading
- a home computer based therapy
- attending a course
- an individual therapy or workshop

Whatever your journey with us, a member of our team will stay in touch with you and guide you through what can be a difficult time in your life.

We aim to help you to understand yourself better and make changes to the way you think and behave so you can feel better.

Services may be offered at your family doctor's surgery or at community sites across the county of Gloucestershire.

We are a telephone call away. Together, we can tackle your problems.

## Getting help for Panic Disorder


We can help you to overcome Panic Disorder by listening to you and encouraging you to make some changes in the way you think and what you do in your everyday life.

We will teach you to manage panicky thoughts, to correct your breathing, to relax and to gradually face your fears.

You can get this help through our website, over the telephone or face to face.

### How to get help

Getting help starts with talking to your GP or making a telephone call. It is easy to contact us through our freephone telephone number **0800 073 2200**.



“When I read about panic disorder on the website I felt so relieved that I could get help”