

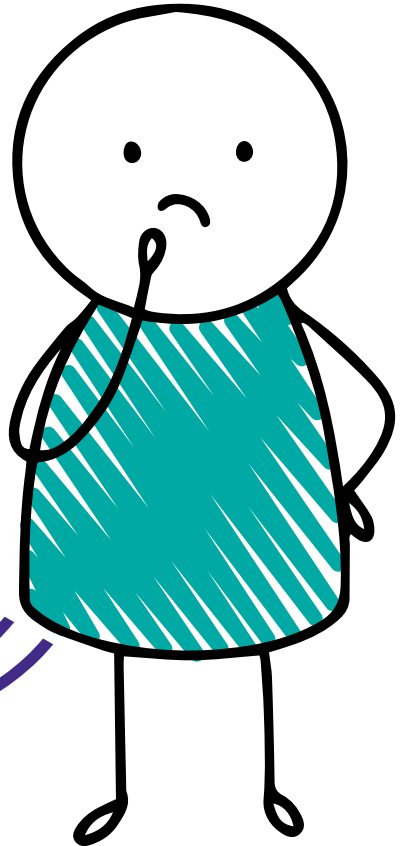


Herts & West Essex  
Mental Health Support Teams

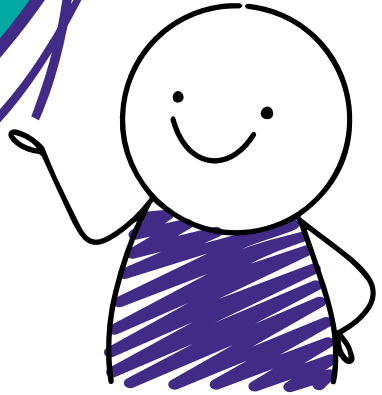


Mental Health Support Team (MHST)  
Intervention Information:

# Panic management



# Panic management



## ? What is Panic?

Panic is a common feeling that accompanies fears and worries. When we experience panic, it may feel like we are in danger and our bodies become overwhelmed with uncomfortable physical sensations.








## How do I know if I need help with my feelings of panic?

You may need support for your panic if you are experiencing distress or it is interfering with your daily life.

**Here are some of the common symptoms of panic:**

*These feelings could be your bodies way of telling you that somethings not quite right and it's time to get support from a trusted adult*



-  feeling dizzy or faint
-  difficulty breathing or chest pain
-  skipping, racing or pounding heart
-  tunnel vision
-  hot flushes or chills
-  sweating
-  shaking or trembling



## How can we help you?

The Panic Management intervention is designed to help you understand your feelings of panic and find strategies to help. The support typically lasts for 4, one-hour sessions over a 4-week period. We can also add Panic Management sessions to other interventions we offer. We will meet with you in a private space at your educational setting.



## What age do I need to be to access this support?

Panic Management is recommended for 11+.



## What do I need to bring to sessions?

Just bring yourself and your motivation to make changes!



## What will we cover together during sessions?





## How can I access support?

If you wish to access support, please speak to your school or college's Designated Mental Health Lead (DMHL) or another trusted staff member. The DMHL can then make a referral to our service or signpost you to appropriate support.



## How can I request support from the MHST?

Speak to the Designated Mental Health Lead (DMHL) at your school/college who can refer you to our service.

Or fill in your details below and hand this to a trusted member of staff who will pass this onto the DMHL.

**The Mental Health Support Team is not an emergency service and is unable to provide urgent or crisis care. If a child or young person is in crisis, you should:**

- Call Freephone 0800 6444 101 (Single Point of Access (SPA) 24/7 Mental Health Helpline)
- NHS 111 and select option 2 for mental health service
- If they are seriously ill or injured, dial 999 for the emergency services or attend A&E



Student name:

Intervention: MHST Initial Assessment • Date:

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