



Anxiety and Panic Attacks

There is excellent information and advice in a booklet, available online, called 'Understanding anxiety and panic attacks' produced by 'Mind':

<https://www.mind.org.uk/media/7089/anxiety-and-panic-attacks-2021-pdf-version.pdf>

The booklet is so clear and full of advice, that it is best that you look at it yourself. It outlines what is anxiety is, its physiological purpose and the impact of severe anxiety and panic attacks. In developing an understanding of anxiety and panic attacks, it suggests that there are many things a person can do to reduce their anxiety to a more manageable level through controlling the symptoms.

If anxiety is affecting a person's ability to cope with everyday life, the GP can help with finding out what options are available. The booklet also has a list of Useful contacts for further information.