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Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202401-01-HPA
Created: January 2024/ Review Date: January 2026

INFORMATION FOR PATIENTS

Hyperventilation and panic attacks

Emergency Department

King's Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

Panic attacks happen when your body thinks it senses a threat. It gears up to respond to the threat by activating its 'fight-or-flight' response which may make your heart race, make you feel sick, dizzy, sweaty, and make you hyperventilate (over-breathing).

Panic attacks can feel so intense that people think they are about to die. They can be distressing, and the anticipation of having a panic attack can also be frightening. Although these symptoms feel very real, there is no physical problem causing them.

After you've had a panic attack If you have a family member or friend you feel able to tell, let them know you had a panic attack so you can talk to them if you need to.

You may feel tired after a panic attack. Take care of yourself and try to do something that relaxes you.

Ring a number for future support and information about panic attacks and other mental health problems:

- Mind's infoline on 0300 123 3393.
- Anxiety UK's helpline on 03444 775 774 or the text support service on 07537 416905.

Will this happen again?

Some people don't ever have another panic attack again. Some go on to have future panic attacks. If you get frequent panic attacks that are affecting your day-to-day life, see your GP. It can be helpful to write down your symptoms and when they happen and show this to your GP.

What might my GP do?

Your GP will ask you about your panic attacks including when they happen and what triggers them.

They may offer you antidepressants or a course of cognitive behavioural therapy (CBT), either via a computer or in person. You can refer yourself for CBT. To do this, and to find out more about the diagnosis and treatment of panic attacks, type in the following link into your browser: <https://www.nhs.uk/mental-health/conditions/panic-disorder/>

