HOPE

BLOG

When Panic Attacks Keep Coming Back

Ask Yourself

- Have the attacks come back?
- Do I dread the next one?
- Am I skipping places where one happened?

Get Checked If

- You have chest pain
- Breathing is hard and you are not sure why
- Call 911 when in doubt

What You Can Do

- Ask about CBT for panic
- Protect sleep, movement and meals
- Thoughts of suicide? Call or text 988

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Read the full article

Panic Attack or Panic Disorder? When the Attacks Keep Coming Back

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.