

YOUNG MINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice

DITCH THE LABEL

YOUR WORLD. PREJUDICE FREE.

Provides lots of information and advice,

THE MIX

Provides free 24/7 support

Call for free
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU

01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Panic Attacks



All about panic attacks

Everyone experiences worry and panics at times. It is our body's natural response to stressful or dangerous situations.

When these feelings become more extreme your body can experience a panic attack.

A panic attack can start without warning and you may not be able to think of the reason why it started.

A panic attack can be frightening and distressing.

Most panic attacks last between 5-20 minutes.

Physical symptoms of panic attacks

- racing heart
- sweating/shaking
- struggling to breath
- legs feeling like jelly
- feeling very hot or cold
- feeling sick
- feeling dizzy or like you might faint
- pain in your chest

What can I do if I have a panic attack?

- remember that a panic attack is not life threatening
- remind yourself that it will pass and that you are in control
- try to stay where you are (do not leave or avoid the situation)
- focus on your senses
- stamp your feet on the spot
- focus on your breathing (breathing slowly in and counting to five)

What do I do after a panic attack?

Having a panic attack can leave you feeling very tired, you may need to rest or have a drink or something to eat.

Tell someone who you trust that you have had or are having panic attacks (school staff, family member/carer)

It can really help to talk to someone about what you are going through and they can look at getting you some support.

What other support is there?

Remember you are not alone. There is lots of support out there. You have not done anything wrong and deserve the support!



On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

Helpline, web chat, email support
Text mermaids to 85258
Lots of support and advice



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline are here to talk to you
24/7
Chat online
Call free