

What is it like to have panic disorder?

“One day, without any warning or reason, I felt terrified. I was so afraid, I thought I was going to die. My heart was pounding and my head was spinning. I would get these feelings every couple of weeks. I thought I was losing my mind.”

“The more attacks I had, the more afraid I got. I was always living in fear. I didn’t know when I might have another attack. I became so afraid that I didn’t want to leave my house.”

“My friend saw how afraid I was and told me to call my doctor for help. My doctor told me I was physically healthy but that I have panic disorder. My doctor gave me medicine that helps me feel less afraid. I’ve also been working with a counselor learning ways to cope with my fear. I had to work hard, but after a few months of medicine and therapy, I’m starting to feel like myself again.”

Where can I find more information?

To learn more about panic disorder, visit:

MedlinePlus (National Library of Medicine):

<http://medlineplus.gov>

(En Español: <http://medlineplus.gov/spanish>)

For information on clinical trials, visit:

ClinicalTrials.gov: <http://www.clinicaltrials.gov>

For more information on conditions that affect mental health, resources, and research, go to **MentalHealth.gov** at <http://www.mentalhealth.gov>, the **NIMH website** at <http://www.nimh.nih.gov>, or contact us at:

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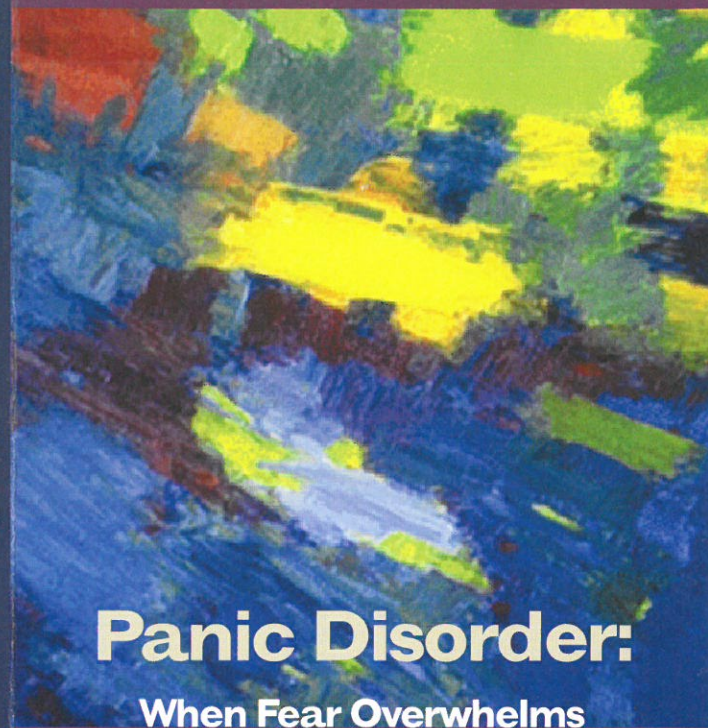
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Panic Disorder: When Fear Overwhelms

Do you sometimes have sudden attacks of fear that last for several minutes? Do you feel like you are having a heart attack or can't breathe? Do these attacks occur at unpredictable times causing you to worry about the possibility of having another one at any time?

If so, you may have a type of anxiety disorder called panic disorder.

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