



steps2wellbeing

Panic Course

What is the course?

This is a psycho-educational and skills based course for people who experience panic, aimed at learning coping strategies

5 sessions focused on explaining what panic is, where it comes from and the steps we can take to reduce the symptoms of panic.

What is CBT?

Cognitive Behavioural Therapy involves understanding the link between how we feel, what we are thinking, and how we behave, in certain situations.

CBT is a practical therapy that involves learning about anxiety, and making changes to what we do and how we think, in order to feel better.

Session Topics

- What is Panic and what is CBT?
- Controlling our actions
- How to restructure our anxious thoughts
- How to challenge our anxious thoughts through our behaviour
- How to relax and relapse prevention

Frequently Asked Questions

What if there is no obvious trigger to my panic?

We discuss this topic within the sessions and what we can do to diminish its impact.

How is the course delivered?

We send participants an email with a link to attend each webinar, approximately 24 hours before. This course does not require participants to have their webcam or microphone on

What if I can't make a session?

Please call 0300 790 0542 or email dhc.bc.s2w@nhs.net as soon as possible to let us know. We can ensure you are sent a full recording of the session for you to catch up.

Please note that our website www.steps2wellbeing.co.uk has lots of valuable information about our service.