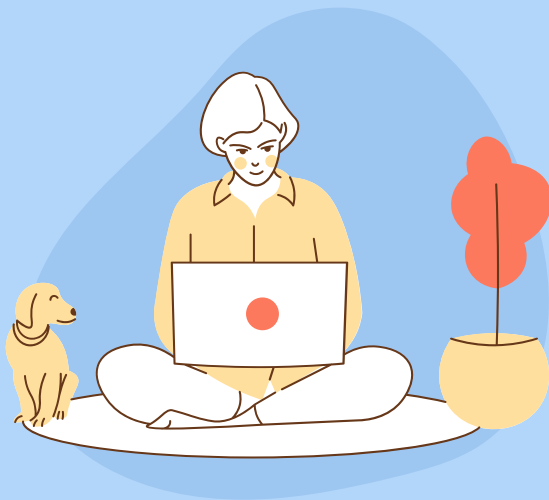


What are Panic Attacks?

Panic attacks are very intense, frightening, and unpredictable spikes in anxiety. Panic disorder is when people develop anxiety about having panic attacks. Panic disorder can stop people from trying new things, going to certain places or leaving their home. Fortunately, it responds very well to treatment.



An Online Treatment for Panic



Panic disorder can be effectively treated with internet-delivered Cognitive Behaviour Therapy (iCBT). Just like face-to-face therapy, iCBT can teach you strategies for managing the frightening thoughts and sensations that come with panic. iCBT is accessible from most devices, meaning you can access treatment at a time and place that suits you.

What does the program involve?

The Panic Program by THIS WAY UP is an evidence-based iCBT program. Across six lessons, this program will teach you:



What panic attacks are and how they work



How to manage panic symptoms



Ways to overcome unhelpful thoughts



Confidence in anxiety-provoking situations



Strategies for staying well in the long-term



We're here to support you on your journey to better mental health. Learn more about the online program for Panic at thiswayup.org.au