



**IAPT**

## Space from **Panic**



**1.2% - 1.7% OF PEOPLE IN THE UK  
EXPERIENCE PANIC DISORDER\***

# Effective online solution to help with Panic

### Helping people with Panic

Space from Panic disorder is part of our unique 8-programme suite built in conjunction with Berkshire Healthcare NHS Foundation Trust. Learn the skills to tackle the symptoms at the heart of your panic; a fear of losing control, or that something very bad may happen or is happening, and persistent fear about future panic attacks.

*“The exercises in this programme have really helped me. My panic attacks are rare now, but when they do happen I know I can use skills like breathing exercises to help reduce my anxiety.”*

### Easy to follow, supportive

Work independently at your own pace with ongoing guidance and support from your therapist.

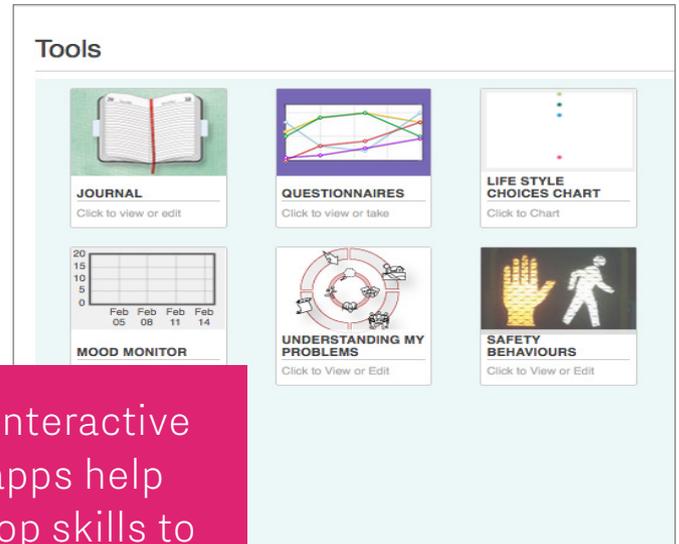
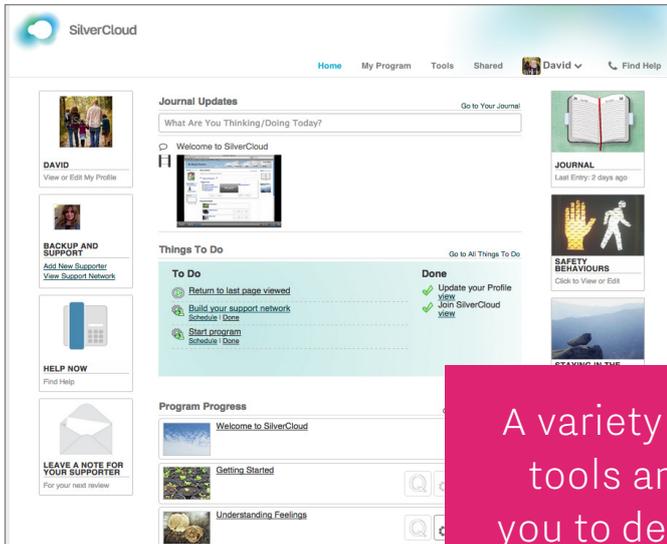
### Providing the skills to effectively manage Panic

Programme content is based on Cognitive Behavioural Therapy (CBT). Research has shown that CBT is one of the most effective treatments for panic with a success rate of 80%.

\*1.2% of the UK population experience panic as a separate disorder (Goodwin et al., 2005) rising to 1.7% for those experiencing it with agoraphobia (Skapinakis et al., 2011). Skapinakis P, Lewis G, Davies S, et al; Panic disorder and subthreshold panic in the UK general population: Epidemiology, Eur Psychiatry. 2010.; Goodwin, R. D., Faravelli, C., Rosi, S., Cosci, F., Truglia, E., de Graaf, R., & Wittchen, H. U. (2005). The epidemiology of panic disorder and agoraphobia in Europe. Eur Neuropsychopharmacol, 15(4), 435-443. doi: 10.1016/j.euroneuro.2005.04.006

Developed in collaboration with Berkshire Healthcare 

NHS Foundation Trust



A variety of interactive tools and apps help you to develop skills to manage your symptoms and build resilience.

### Accessible

Access it 24/7 - on your computer, tablet or mobile phone.

### Flexible, online solution

7 online modules help you to understand the cycle between your physical reactions, negative or catastrophic thoughts, and your anxiety. Learn effective techniques to tackle negative thoughts and face your fears in a gradual way.

Your therapist can unlock additional modules to further help to achieve your goals.

### Highly Engaging

The programme is packed with videos, quizzes and effective activities and tools to use in your day-to-day life to help you manage panic including:

- Hierarchy of fears tool
- Exposure diary
- Lifestyle choices chart
- Relaxation and breathing exercises

### Personalised care path

Panic commonly coexists with other difficulties, for example low self-esteem and depression. The programme allows your therapist to customise content and tools, to meet your specific needs.

Learn effective techniques such as gradual exposure that helps you to face your fears and cope with anxiety, rather than fighting against it.

