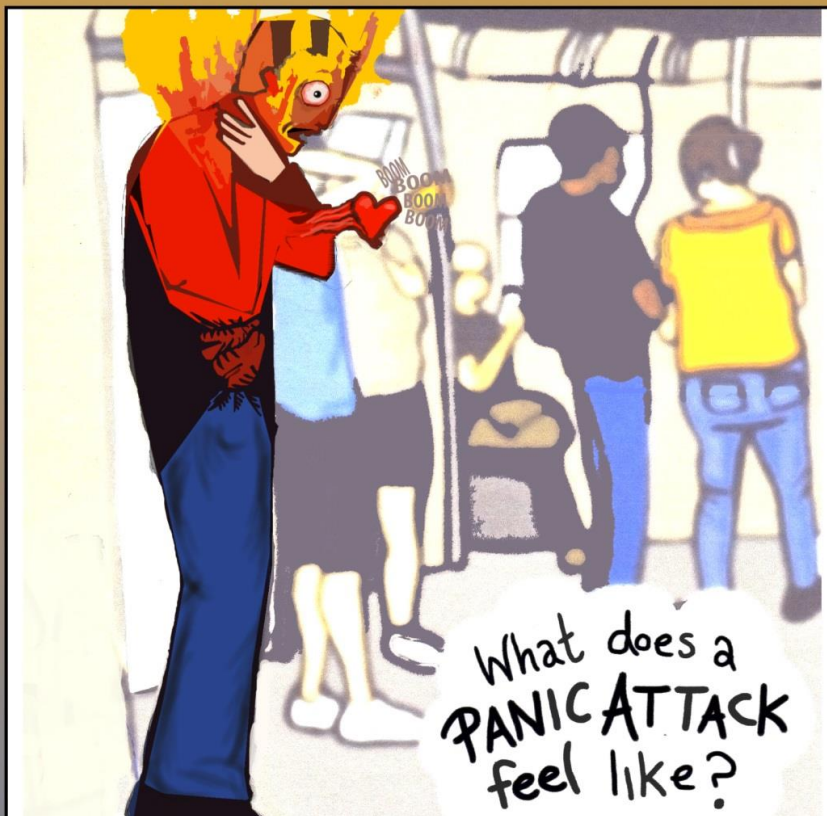


CAMHS Comic



No-one can see if I am having a panic attack, because I've learned to hide it. But it can feel like the world is closing in on me. I feel trapped, my heart beating out of my chest, not able to breathe, having hundreds of thoughts that I can't make sense of. I feel powerless and out of control. The world is distorted and scary - I want to run away and get out of there - whether that is from my environment or my own brain. Everyone is looking at me.

Since getting help I have learned to recognise it, techniques to feel calmer and ways of channeling that energy into something positive.

