

## Panic Disorder with or without Agoraphobia

Besides seeking professional help, other helpful strategies to consider:

- Find out from your student the situations (e.g. when, where, and what) that usually trigger his/her panic attacks. Assure your student that help is available by attaching appropriate buddies to him/her particularly in these situations.
- Go through with the buddies how they can help the student manage his/her panic attacks. Get the buddy to assist the student to sit down and remind the student to do his/her deep breathing exercise to reduce his/her hyperventilation.
- Go through with the student's teachers on the above as well to help the student manage his/her panic attacks in class.
- Allow the student to leave the classroom when he/she feels the onset of a panic attack if the student feels more comfortable doing the relaxation exercise outside of the classroom. Get a buddy to accompany the student.
- As some students with panic disorder may develop a secondary anxiety about school due to embarrassment about having a panic attack in front of their schoolmates, consider explaining the student's panic disorder to the class if the student is agreeable.
- If appropriate, consider letting the student do his/her examinations alone in a separate room and provide time extension if the student has a panic attack during the examination.