

When Fear Overwhelms: Panic Attack and Panic Disorder

Panic attacks are intense, sudden and overwhelming surges of fear or anxiety that can happen unexpectedly. During a panic attack, you may experience symptoms such as a racing heart, sweating, shaking, chest pain, difficulty breathing, dizziness, or a sense of impending doom. Panic disorder is a mental health condition characterized by recurring and unexpected panic attacks, which can lead to avoidance of places or situations where previous attacks occurred or where escape might be difficult.

Please join Dr. Nabi , PGY-3 on June 2nd as she offers information to help you understand Panic Attack and Panic Disorder and how to deal with it if you or your loved one suffers.

Join in person: Our location is 2301 W Michigan Ave, Midland, TX 79701

Join via ZOOM:

Please RSVP for attending via ZOOM at: <https://www.eventbrite.com/e/you-asked-for-it-tickets-91827114371>

When: Friday, June 2nd 12pm – 1pm

Free 1 CEU hour for Social Worker/LPC, please contact pbpsychadmin@ttuhsc.edu

Zoom Link: <https://ttuhsc.zoom.us/j/8753365524>

Meeting ID: 875-336-5524

If you have questions, please contact pbpsychadmin@ttuhsc.edu

