

PANIC AWARENESS DAY

10 JULY 2021

#PanicAwarenessDay



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There is so much misunderstanding around Panic Attacks and Panic Disorder, especially when considering the stigma and shame that is still linked to it.

The South African Depression and Anxiety Group (SADAG) has declared today Panic Awareness Day in order to raise awareness and to provide support for this very treatable condition that affects so many South Africans.

Panic Disorder can be a terrifying illness that can cause great distress, isolation, and limits in a person's life. However, there is help. "You can take control back of your life again," says SADAG Founder, Zane Wilson. SADAG was started due to the Panic Attacks I had experienced and the over ten years that it took, to get Treatment. Nearly 30 years ago, it was hard to get the correct diagnosis and treatment.

A panic attack is a sudden surge of overwhelming fear that comes without warning and without any obvious reason. It is far more intense than the feeling of being 'stressed out' that most people may experience. Some of these attacks are on a frequent or regular basis that may stop a person from doing things like going to the shops, or going to work, or to movies, or just going out in public in general.

"During a panic attack, the individual usually thinks something like "I am having a heart attack" or "I am going insane", but may not be aware of how those thoughts affect, even exacerbate, the attack's symptoms", says Clinical Psychologist and CBT Expert, Dr Colinda Linde. "During Cognitive Behavior Therapy (CBT), people learn to recognize their earliest thoughts and feeling and modify their response to them – instead of "I'm going to have a heart attack", rather think and say "It's only uneasiness - it will pass". It really does help to reduce the anxiety and ward off a panic attack." Says Dr Colinda Linde.

Panic Disorder is highly treatable, and learning about Anxiety Disorders and accepting that they can happen to anybody is a far better option when compared to attempting to hide or to ignore the problem and allowing it to jeopardize a persons career, marriage and relationships with children, parents and friends.



Panic Disorder Toolkit

- [What Is Panic Disorder and who suffers from Panic Disorder Handout](#)
- [Strategies for coping with Panic.](#)
- [Click here](#) for Combination Treatments and more.
- [What to do if a family member has an Anxiety Disorder Handout.](#)



Don't miss the upcoming #FacebookFriday Online Q&A

The 10th of July is Panic Awareness Day and SADAG is hosting a FREE #FacebookFriday Online expert Q&A. The chat will be hosted on Friday, 9th of July where we will be discussing Panic and Anxiety and How To Deal with Panic Attacks.

Join the LIVE Q&A at 1pm – 2pm with Shai Friedland (Psychologist & SADAG Board Member) and again at 7pm-8pm with Dr Colinda Linde (Psychologist & SADAG Board Chairperson). If you have felt more anxious

lately, or have had panic attacks or even witnessed someone having a panic attack, join the chat as experts will be answering all your questions, providing free tips, tools and other helpful resources to deal with panic and anxiety.

In order to join the weekly chats - LIKE SADAG's Facebook Page: [The South African Depression and Anxiety Group](#) or go to www.sadag.org. Facebook Users that would like to remain anonymous can send an email to research@anxiety.org.za and SADAG will ask the question on their behalf.

Online Video's on Panic



Dr Colinda Linde explains Panic Disorder

- What are Panic Attacks?
- What causes Panic Attacks?
- Will I need professional help to treat my Panic?
- What kind of therapy or treatment will I need?
- How many sessions and how does it work?
- Relaxation techniques for Panic.

[Click here](#) to watch now.



SADAG Founder & Director – Zane Wilson Unpacks Panic Disorder

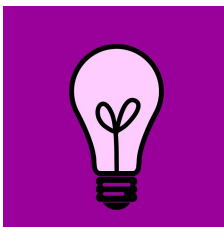
- Learn more about Panic
- Understand more about the concerns you may have
- Once you have been diagnosed, apart from medication, what can you do?

[Click here](#) to learn watch now.



Dr Ela Manga – GP and Breath Specialist

- Breathing Techniques - [Click Here](#)
- Box Breathing - [Click Here](#)
- Honey bee breathing - [Click Here](#)
- Mindful Monday on Breathing - [Click Here](#)



How SADAG can help you

The SADAG call centre is open 7 days a week offering free telephone counselling, info and referrals.

- Adcock Depression and Anxiety Helpline 0800 70 80 90
- Dr Reddy's Mental Health Helpline 0800 21 22 23
- Cipla 24 hour Mental Health Helpline 0800 456 789
- Suicide Crisis Helpline 0800 567 567

Recovery is possible with the proper professional care. GPs, psychologists, and/or psychiatrists can diagnose and treat anxiety disorders. SADAG offer telephonic counselling, referrals, free resources and support groups nationwide.

Visit SADAG's website – www.sadag.org - to learn more about Panic and Anxiety Disorders.

I had Panic for over 10 years before I got the right treatment and support, and was able to recover fully and take back control of my life. I started SADAG in 1994 to help patients living with anxiety and panic.

I got the help I needed, and so can you!

You are able to time your attacks, they are a lot less than you think, put your mind on to other helpful things, like counting backwards, and understand what to do whilst you are having your attacks. They can be helped so very much and I got the help I needed, and so can you. I recovered within weeks. Good luck and take your life back again.

Regards,
Zane Wilson
Founder and Director
zane@sadag.org

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