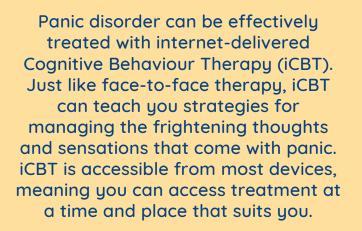
## What are Panic Attacks?

Panic attacks are very intense, frightening, and unpredictable spikes in anxiety. Panic disorder is when people develop anxiety about having panic attacks. Panic disorder can stop people from trying new things, going to certain places or leaving their home. Fortunately, it responds very well to treatment.



## An Online Treatment for **Panic**



## What does the program involve?

The Panic Program by THIS WAY UP is an evidence-based iCBT program. Across six lessons, this program will teach you:

