

If you experience this, you may fear that you are going mad, blacking out, or having a heart attack. You may be convinced you are going to die in the course of the attack – making this a terrifying experience.

Most panic attacks last for between 5 and 20 minutes. Some people report attacks lasting for up to an hour, but they are likely to be experiencing one attack after another or a high level of anxiety after the initial attack. You may have one or two panic attacks and never experience another. Or you may have attacks once a month or several times each week. For some people they seem to come without warning and strike at random.

Panic disorder is where you have regular panic attacks and there is no particular trigger. This can make you worry about when you might have another attack.