Some Illnesses conditions Mental health Panic disorder Panic disorder recurring regular panic attacks often apparent reason Everyone experiences feelings anxiety panic certain times lifetime natural response distressful dangerous situations However someone panic disorder feelings anxiety stress panic occur regularly time Anxiety feeling uneasy range mild severe include feelings worry fear several conditions cause severe anxiety including panic attack occurs body experiences rush intense psychological mental physical symptoms may experience overwhelming sense fear apprehension anxiety well feelings may also physical symptoms number panic attacks depend severe condition people may one two attacks month others may several attacks week Head symptoms panic disorder Panic attacks frightening intense dangerous attack cause physical harm unlikely admitted hospital panic attack many mental health conditions exact cause panic disorder fully understood However thought condition probably linked combination physical psychological factors Head possible causes panic disorder important aware physical conditions disorders similar symptoms anxiety example See of symptoms anxiety panic disorder see may diagnosed panic disorder experience recurrent unexpected panic attacks followed least one month continuous worry concern attacks Head panic disorder diagnosed aim treating panic disorder reduce number panic attacks ease severity symptoms Psychological therapy meditation two main types treatment panic disorder Head treating panic disorder things help panic attack panic disorder may affect ability drive legal obligation inform River Vehicle Licensing Agency DVLA medical condition could impact driving ability GOVof information advice driving disability health condition Panic disorder readable make full recovery important seek medical help soon possible Treatment panic disorder much effective given early stage Left untreated panic disorder become debilitating isolation illness also increase risk developing mental health conditions agoraphobia photius