

PARTICIPANTS NEEDED

People who have experienced panic attacks, and carers of people who have experienced panic attacks

We are inviting people who have expertise in the area of panic attacks to take part in online surveys.

AIMS OF THIS RESEARCH PROJECT

To redevelop guidelines on how to provide mental health first aid to a person who is experiencing a panic attack.

TIME COMMITMENT

You will be asked to complete three online surveys over about 4-6 months (so no travel or meetings!) and the total estimated time commitment is approximately 2-3 hours.

Expertise

You will be able to read and write English, be 18 years or older

AND

Have experienced panic attacks OR have experience caring or providing day-to-day support to someone who has experienced panic attacks

AND

Be a member of a consumer group or and advocacy organisation, e.g. Beyond Blue (Australia), National Alliance of Mental Illness (U.S.A), Mind (U.K), or Depression Support Network (New Zealand)

AND

Live or work in Australia, Canada, New Zealand, Singapore, the United Kingdom, the United States of America or any country in the European Union.

If you are interested in participating, please contact Kathryn Chalmers from Mental Health First Aid Australia at kathrync@mhfa.com.au.