

# Responding to Student Panic Attack

## Higher Education



### **The Situation**

A university student was in distress due to a panic attack. They were experiencing chills and difficulty breathing, and wanted to reach out to someone for help.

### **The Solution**

The student used the LiveSafe Mobile App to contact campus security officials. The two-way communication capabilities enabled the student to provide their location and continue chatting with security until officers arrived.

### **The Result**

Officers were able to locate the student and promptly assist them. They helped the student recover from the panic attack and provided them with resources that they may need in case they find themselves in a similar situation in the future.

**63 percent of college students in the U.S. felt overwhelming anxiety in the past year, according to the American College Health Association Fall 2018 National College Health Assessment. Overwhelming stress can lead to problems like anxiety, panic disorder, and substance abuse.**