**NAMI Athens Speaker Series**

**at**

**The Athens Public Library**

**Panic Disorder From the Inside Out**

An OSU Master’s candidate in Public Health and a writer/communications specialist at NAMI Ohio, Rachel Gearinger has experienced panic attacks since early in her undergraduate career.  One of the anxiety disorders, panic disorder is typified by recurrent uncontrollable panic attacks which can cause those afflicted to shake, pass out, have symptoms similar to those of a heart attack, and, in Ms. Gearinger’s case, even suffer from depersonalization and derealization, (feeling “out-of-body”), etc. In addition to defining and discussing her experiences with panic disorder, Ms. Gearinger will tell how she combats and lives with her disorder.

For a preview of her talk, listen to her NAMI interview athttp://namiathensohio.org/radio-program/other-conditions/

Nurses can submit social work certificates to the nursing board for full credit.

.15 CEUs available for Athens Public School Teachers

1.5 CEUs available for Social Workers and Counsellors

**Time:  6:30-8:00 PM**

**DATE: September 28, 2017**

**Location:  Athens Public Library, 30 Home Street, Athens, OH 45701.**