**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 diso[](http://namiathensohio.org/wp-content/uploads/2017/02/Rachel_Garringer.jpg)rders, 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.**