



# CONNECTIONS

## LOCAL EFAP NEWS

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### EFAP/North

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**HAPPY  
HALLOWEEN**

## PANIC ATTACKS

About a third of people report having panic attacks from time to time, and increasingly, panic attacks are becoming recognized as a common experience. Although the term “panic attack” was not officially used until the early 1980s, it is now a familiar phrase in our culture. The topic appears frequently in the media, and a number of celebrities, including Donny Osmond, Kim Bassinger, and Willard Scott, have spoken openly about their struggles with panic. In fact, one of the “frequently asked questions” listed on the Web site: [www.healthypet.com](http://www.healthypet.com) is “What can I do about my dog’s panic attacks?” That’s right—it seems that even dogs may have panic attacks!

Essentially, a panic attack is a rush of fear involving intense physical sensations, and for most people, panic attacks are triggered by particular feared situations. For example, people who experience anxiety over presentations may have a panic attack

when giving a speech. Panic attacks that occur unexpectedly or “out of the blue” is a condition known as *panic disorder*.

Panic disorder is an anxiety disorder in which individuals experience panic attacks that are not associated with any obvious trigger or cause. The attacks can occur at any time or in any place, including during times of relaxation or when lying down in bed, fast asleep. Often they occur in public places or in situations from which escape is difficult (e.g., a movie theater or crowded bus). Because panic is typically accompanied by frightening symptoms such as racing heart, sweating, dizziness, and feelings of unreality, the attacks may be mistaken as signs of a heart attack, stroke, fainting, or an impending loss of control. However, despite these fears, panic attacks are generally not at all dangerous. Fortunately, panic disorder is among the most treatable of psychological problems.

If you believe you are suffering from panic attacks, please contact EFAP/North .

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### **Board Chair Ray Landry facilitates a working group**

The Board of Directors have been working diligently since May evaluating our services to ensure that our members are receiving the best possible services. To this end, 500 surveys were sent to randomly selected members for feedback. 26% returned the questionnaires and the results are now being tabulated.

Sgt. Chuck Seguin of the North Bay Police Service volunteered to facilitate the development of EFAP/North's Strategic Plan. To date, feedback was sought from the Board of Directors and the staff. On September 16th, a "round table" meeting was held with our member organizations. The leadership from both management and labour provided us with very valuable information to help us develop our plan.

We will now compile all of the information and develop our goals and objectives to improve our services.



### **Trillium Grant donates \$23,900 to EFAP/North**

MPP Monique Smith presented to EFAP/North a grant for \$23,900 on Tuesday, September 27th, 2005. This grant will be used to provide better services to more employees by renovating its facility, updating equipment and purchasing resources for their library.

### **EFAP/North Promotional Items**

**We are still taking orders for:**

**EFAP pens (.50 + GST)**

**Pocket planners (.75 + GST)**

**Fridge magnets (.45 + GST)**

**Please call Debbie at 494-8086 with your order before October 15, 2005**

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