GOOD LIFE SUPPORT™

Your Panic Support Guide

A printable guide for choosing a next step in Cherry Hill and nearby South Jersey communities.

1. Write down what you want help with

Note when the experience happened, what you noticed, and what you are worried might happen again. Bring those notes to a healthcare professional if you want help understanding the symptoms.

2. Decide what kind of appointment you want

A licensed healthcare professional can evaluate symptoms and discuss treatment options for panic disorder. Good Life Support™ provides individual hypnotherapy and stress management coaching by video. If you prefer to meet in an office, use the local directory to contact an independent provider.

3. Ask three questions before you book

Who would I meet and what would the first visit cover?
Is the appointment available in my preferred format?
What is the fee, and what are the cancellation terms?

4. Keep reliable resources handy

National Institute of Mental Health guide on panic disorder
Camden County mental health resources
New Jersey mental health services directory

5. Pick one next step

Write down the question you want answered first. You can request a 15 minute clarity call to ask about virtual sessions, or contact a local provider directly to ask about office visits.

For education and planning. A licensed healthcare professional can assess symptoms and recommend care.