

WHO ELSE CAN YOU TURN TO FOR HELP

There are many services and helplines available, which offer chat on-line, a text service or a phone line depending on how you prefer to make contact.

Childline

Anyone under the age of 19 can confidentially call, email or chat on-line about any problem big or small.

0800 1111 (24/7 service)

www.childline.org.uk

(to talk one to one with a counsellor register for an account with Childline on the website)

The Mix

If you are under 25 you can contact The Mix free of charge in order to talk to someone. You can also use their text or webchat if you prefer by visiting their website.

0808 808 4994 (daily 2pm to 11pm)

www.themix.org.uk

Youth Counselling

This website will help you find a counselling service in your area. (For ages 12-25)

www.youthcounselling.org.uk

**Numbers correct at time of publishing.
Some numbers may incur a charge.**

There are apps you can download to your phone/tablet device to help you :



Breathe to relax— portable stress management tool using a breathing exercise.



Calm—guided meditations, sleep stories and relaxing music.



Stressheads—use this app to take out your frustration on the head that appears.

There are also some tips for managing stress/frustration.

Apps were free to download at time of publishing but may contain in-app purchasing/adverts.

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ANGER ISSUES IN CHILDREN AND YOUNG PEOPLE

A guide to anger issues and finding the help and support you need.



Please note the information provided in this leaflet is for guidance only and not designed to diagnose a specific condition. Contact your GP if you are concerned about any of your symptoms.

What is anger?

Anger is one of a normal range of emotions we can experience.

Sometimes however we can feel angry but not know why.

Lots of things can make us angry, this is fine so long as it doesn't get out of control.

Being angry is not usually the problem. It is how anger is dealt with that can lead to issues.

What can make you angry?

Here are some examples of things that may make you angry:

- Being embarrassed in front of other people.
- Changes in the family like divorce or separation.
- Being let down.
- Something that feels unfair.
- Not being listened to.
- Pressure from home or school.
- Death in the family/bereavement.
- Being bullied.
- Being hurt or abused.

How do you know when anger is an issue?

- Hitting or physically hurting other people.
- Shouting at people.
- Breaking things.
- Losing control.
- Spending time with people who you know will get you into trouble.

Anger can sometimes be used by young people when they feel guilt, shame, hurt, fear or vulnerability.

Sometimes when you are angry you may be harming yourself. This may be demonstrated by behaviour such as:

- Eating problems.
- Feeling low.
- Putting yourself in danger.
- Refusing to go to school.
- Harming yourself.

In the short term these things may help but could lead to problems in the future.

How can you manage your anger?

How we respond to anger is heavily influenced by our upbringing and cultural background.

Try to see if there is a time or situation that makes you more angry. Think about keeping a diary to help you do this. Include how you feel physically so that you can recognise the warning signs in the future.

Find someone you can talk to about your issues. This could be a friend, relative or teacher.

You can also see your GP who can signpost you to counselling services.

Have a look at some calming techniques that you could use, for example:

- Deep breathing.
- Going for a walk/exercise.
- Reading a book.
- Playing a computer game.
- Listening to music.
- Taking a bath.