

ACHD Psychology Resources:

Anger

Useful resources:

The British Heart Foundation (*heart-safe specific anger coping mechanisms*)

<https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/mental-health/dealing-with-anger>

NHS Conditions: (*tips and coping strategies for managing anger*)

<https://www.nhs.uk/conditions/stress-anxiety-depression/controlling-anger/>

Mind Charity (*the mental health charity*) offer more information on

- Coping with longer term anger

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anger/about-anger/>

- Treatment and support available

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anger/long-term-coping/#.XcL-X-i7SUK>

Samaritans (*Free supportive helpline and website*)

<https://www.samaritans.org/?nation=wales> /Telephone: 116 123

Young minds (*mental health support for young people*)

https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/?qclid=EAlaIQobChMIj8fa54yU7qIVFuDtCh3LhQxEAAAYAAAEgLfJfD_BwE

