Anger

The Levels School
Bath Road
Ashcott
TA7 9QS

2026

What is anger?

People feel angry sometimes, but if it starts to affect your life, there are things you can try that may help. Support is also available if you're finding it hard to cope with anger, stress, anxiety or depression.

Anger can cause many different symptoms. It might affect how you feel physically or mentally, or how you behave. Recognising common triggers like stress, frustration, or unfair treatment can help you understand your own anger better.
Some people may become aggressive towards others when they're angry. Other people may choose to hide their anger and may take it out on themselves as they may not wish to harm others. It's not always easy to recognise when you are feeling angry, and this could be the reason why you're behaving differently.

You may feel physical symptoms such as a faster heartbeat. If these symptoms are frequent or overwhelming, consider consulting a mental health professional for guidance.

- tense muscles
- clenching your fists
- tightness in your chest
- feeling hot

Mental symptoms may show as:

- feeling tense or nervous
- being unable to relax
- being easily irritated
- feeling humiliated
- resenting other people

Feeling angry can also change our behaviour, and you may experience such symptoms as:

- shouting
- ignoring people or sulking
- starting fights
- breaking things
- self-harming

Anger

The Levels School
Bath Road
Ashcott
TA7 9QS

2026

Potential causes of anger in young people and adults.

It's completely normal to feel angry at times, and there are common reasons why this emotion may arise.

Many people feel anger when they experience:

- Unfair treatment and a sense of powerlessness to change the situation. - Feelings of being threatened or attacked.

- A lack of respect for their authority, feelings, or personal space. - Interruptions when they're focused on achieving a goal.

How you respond to anger can vary greatly based on different factors, including: - The situation you're facing: If you're juggling multiple challenges or under significant stress, you may find it harder to manage your anger.

- **Your family history**: Sometimes, we pick up unhelpful ways of dealing with anger from those who raised us, which can shape how we react as adults. - Past experiences: Traumatic or distressing events can profoundly impact us, and some individuals may develop post-traumatic stress disorder (PTSD), which often results in heightened anger responses.

- **The influence of substances**: Alcohol and drugs can lead some individuals to react more aggressively than they normally would. Remember, everyone experiences anger differently, and what triggers anger for one person may not affect another in the same way.

It's important to recognise and validate your feelings, as well as those of others.

How anger can be helpful.

Anger can be a positive, constructive emotion by acting as a powerful motivator for change, signalling injustice, and boosting focus. It acts as a survival tool that triggers action to fix unfair situations, aids boundary-setting, and can spark creativity. When channelled effectively, it fuels passion and empowers people to overcome obstacles.

Things you can try to help with anger

Do

- Try to recognise when you start to feel angry so you can take steps to calm down as early as possible

Anger

The Levels School
Bath Road
Ashcott
TA7 9QS

2026

- Give yourself time to think before reacting – try counting to 10 and doing calming breathing exercises.
- Talk to people about what's making you angry – speak to someone who is not connected to the situation, such as a friend, a GP or a support group such as Samaritans
- Exercise – activities such as running, walking, swimming and yoga can help you relax and reduce stress
- . Find out how to raise your self-esteem, including how to be more assertive,
- consider peer support, where people use their experiences to help others. Find out more about peer support on the Mind website.
- Listen to free audio guides on mental well-being.
- Try self-help cognitive behavioural therapy (CBT) techniques on the Every Mind Matters website to manage unhelpful thoughts, reframe situations, solve problems and deal with stress.

Don't

- Do not try to do everything at once; set small targets you can easily achieve
- Do not focus on things you cannot change. Focus your time and energy on helping yourself feel better.
- Try not to tell yourself that you're alone – most people feel angry sometimes, and support is available.
- Try not to use alcohol, cigarettes, gambling or drugs to relieve anger – these can all contribute to poor mental health

For further information:

- Mind: coping with long-term anger
- Mind: treatment and support

Support for someone who is experiencing anger

Anger Management Programmes Finding healthy ways to manage anger can be a transformative journey. Often, these programmes offer one-on-one counselling alongside small group sessions, creating a supportive environment for individuals to explore their feelings. Programmes can vary in length, ranging from a single day or weekend to several months, allowing participants to engage at a pace that feels comfortable for them.

Anger

The Levels School
Bath Road
Ashcott
TA7 9QS

2026

While the specific structure may differ depending on the provider, most programmes incorporate Cognitive Behavioural Therapy alongside compassionate counselling techniques.

Additionally, there are private courses and therapists available who specialise in helping individuals navigate their anger issues. It's important to seek out a registered therapist, such as those affiliated with the British Association for Counselling & Psychotherapy, to ensure that you receive the best support to understanding emotions. Remember, seeking help is a brave and positive step towards growth.

Useful contacts / helplines:

Mind's services

- Mind's helplines provide information and support by phone and email.
- Local Minds offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.
- Side by Side is our supportive online community for anyone experiencing a mental health problem.

Alcoholics Anonymous (AA)

0800 9177 650
help@aamail.org (email helpline)
alcoholics-anonymous.org.uk
Help and support for anyone with alcohol problems.

Beat

0808 801 0677 (England)
beateatingdisorders.org.uk
Offers information and advice on eating disorders, and runs a supportive online community. Also provides a directory of support services at HelpFinder.

British Association for Counselling and Psychotherapy (BACP)

bacp.co.uk
Professional body for talking therapy and counselling. Provides information and a list of accredited therapists.

Combat Stress

0800 1381 619
combatstress.org.uk
Treatment and support for armed forces veterans who have mental health problems.

Anger

The Levels School
Bath Road
Ashcott
TA7 9QS

2026

Cruse Bereavement Support

0808 808 1677
cruse.org.uk
Information and support after a bereavement.

Galop

0207 704 2040 (LGBT+ hate crime helpline)
0800 999 5428 (LGBT+ domestic abuse helpline)
0800 130 3335 (Conversion therapy helpline)
help@galop.org.uk
galop.org.uk
Provides helplines and other support for LGBT+ adults and young people who have experienced hate crime, sexual violence or domestic abuse.

Men's Advice Line

0808 801 0327
mensadviceline.org.uk
Confidential advice and support for men who have experienced domestic violence and abuse by a current or ex-partner or family member.

Mind Tools

mindtools.com
Tips and articles on personal effectiveness, management and leadership.

The National Association for People Abused in Childhood (NAPAC)

0808 801 0331
support@napac.org.uk
napac.org.uk
Supports adult survivors of any form of childhood abuse. Offers a helpline, email support and local services.

National Domestic Abuse Helpline

0808 2000 247
nationaldahelpline.org.uk
Free 24-hour helpline for women who have experienced domestic abuse and

violence, with all female advisors. Also offers a live chat and can help to find refuge accommodation. Run by the domestic violence charity Refuge.

Refuge

0808 2000 247
refuge.org.uk
Support, information and advocacy for women and children who have experienced domestic violence and abuse.

Respect

respect.uk.net
Information and support for people who are worried about their violent or aggressive behaviour towards loved ones, and for male victims of domestic abuse.

Samaritans

116 123 (freephone)
jo@samaritans.org (email response may take several days)
Freepost SAMARITANS LETTERS
samaritans.org

Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

Turning Point

turning-point.co.uk
Health and social care services in England for people with a learning disability. Also supports people with mental health problems, drug and alcohol abuse or unemployment.

Women's Aid (England)

Women's Aid Live Chat support
womensaid.org.uk
Information and support for women and children who have experienced domestic abuse, including support by live chat, a directory of local services and a forum.

Reference and Bibliography:

Mental health problems | When is anger a problem? | Mind

Get help with anger - NHS

Anger

The Levels School
Bath Road
Ashcott
TA7 9QS

2026

11 Anger Management Strategies to Calm You Down Fast

11 Anger Management Therapy Techniques and Interventions

This information has been written using the above websites, and is believed to be correct on the day of writing. This leaflet is not designed to take the place of advice from your GP.

Tabi Anderson, April 2026