



Mental Health Information Station

Links to help with ANGER

NHS Advice How to Control Your Anger

<http://nhsinform.scot/healthy-living/mental-wellbeing/anger-management/how-to-control-your-anger/>

Nice little booklet from MIND on how to cope with your anger

<https://www.mind.org.uk/media-a/2962/anger-2018.pdf>

Releasing anger: Aguided meditation to help you let go of your anger

<https://youtube/x6tr6zEyum4?si=s9knbdFWM34Xmyxz>

Five Keys to controlling anger: 10 minute video, Dr Chriatian Conte

<https://www.bing.com/videos/search?q=Five+Keys+to+controlling+anger%3a+10+minute+video%2c+Dr+Chriatian+Conte&qvpt=Five+Keys+to+controlling+anger%3a+10+minute+video%2c+Dr+Chriatian+Conte&FORM=VDRE>

List of apps for dealing with anger

<http://www.stacktunnel.vom/anger-management-apps.html>

Self Help guide: Controlling Anger

<http://www.cntw..nhs.uk/selfhelp>

These self-help websites are useful and shared in good faith that the evidence-based advice will improve your mental health. Some do have adverts and we in the NHS cannot endorse as we have not researched the links in detail. As with any therapeutic advice that changes mental health, new feelings can come up in the process. Please take individual responsibility for any changes that you may feel. Often these effects on working on ourselves are temporary but get some help by speaking to someone neutral if you continue to struggle.