

Anger Management

This fact sheet will give some background information to what anger is and how it can be managed, together with help from voluntary organisations in Harrow and nationally. If you find it difficult to address your anger and it is affecting your life, below is contact information where you can seek further help and support in dealing with your anger.

What is anger?

Anger is a normal reaction to many life events and usually does not cause a problem. Anger can also be a strong motivator for you to change something, to engage in active sport, or empower you to fight injustices. However on occasions anger may become aggressive towards others, or if it is not expressed it may turn inwards and show itself in other ways.

When anger becomes a problem

If anger builds inside a person, it can become prolonged and easily triggered, which can impact negatively on relationships, work, social life, self esteem and concentration. On the other hand if someone is afraid to display anger, it usually comes out in other ways, such as through physical problems or perhaps mental health issues such as depression.

Different forms of anger

Anger can occur suddenly when something happens, but can just as easily evaporate after a few minutes. For example, if someone bumps into you on the street and apologises, you may feel angry briefly and then it disappears.

Another type of anger is an emotion you may carry around with you a lot of the time, stemming from your past. The result of this is that when something annoys you, it taps into the old anger so that you explode, or you may find it difficult to calm down afterwards. Extreme anger may be expressed as physical violence.

Anger can also be identified according to when it happens, where and with whom. Here are some examples:

Domestic Violence

If you have been violent to your partner or family, this will make them fearful and be destructive of your relationships. There are organisations that can support you to manage your anger and stop violent behaviour. See contacts below for more information. If you are suffering from domestic violence there is a separate fact sheet on Domestic Violence, which includes details of useful contacts.

Road rage

Road rage takes place when you have uncontrollable outbursts of anger against another driver, cyclist, pedestrian, perhaps partly caused by traffic conditions or their behaviours on the road. This also depends on your own personal state of mind and stress levels at the time. If you experience road rage frequently, it may be a sign of other distress or difficulties you may be having.

Where can you get support?

GP

Your GP could be the first person to approach to assist in referring you on to appropriate local services to help you.

Assertiveness Training

This training can help you learn to express your anger appropriately in the context of the event.

Talking Treatments

Counselling can help you examine your thinking and behaviour behind the anger.

Anger Management Programmes

This can assist with you if you have been violent in the past and would like to work on making changes. You may find one-day courses, weekend courses or longer programmes lasting up to eight weeks.

Domestic violence

Domestic violence programmes can be vital if you can't control your violent behaviour, and want to change. A commitment to the programmes, such as motivation to change, a reduction in alcohol or drug intake, etc is required.

Useful Organisations - Voluntary Sector

Harrow Offering Parents Encouragement H.O.P.E.
Runs parental workshops and one on Anger Management.
The Lodge, 64 Pinner Road
Harrow
HA1 4HZ
Tel: 020 8863 7319
Email: info@hopeharrow.org.uk
Web: www.hopeharrow.org.uk

Useful Organisations - National Sector

Alternatives to Violence Project (AVP) Britain

Grayston Centre, 28 Charles Square, London N1 6HT
tel. 020 7324 4755
web: www.avpbritain.org.uk
National workshops on resolving conflict

British Association of Anger Management (BAAM)

The Studio, 14 Railway Approach, East Grinstead, RH19 1BP
Tel. 0345 1300 286 (Open Monday to Friday, 09:00am-5:00pm)
Email: info@angermanage.co.uk
web: www.angermanage.co.uk
For men, women and children needing anger management

SupportLine

Helpline for problems, including child abuse, bullying, depression, anxiety, domestic violence and sexual assault.

PO Box 2860,

Romford

Essex RM7 1JA

helpline: 01708 765200 Email: info@supportline.org.uk

web: www.supportline.org.uk

Respect

National association for domestic violence perpetrator programmes and associated support services

4th Floor, Development House

56-64 Leonard Street

London EC2A 4LT

Phone: 020 7549 0578

Fax: 020 7549 0352

Email: info@respect.uk.net

Web: www.respect.uk.net

Respect Phoneline: 0808 802 4040 (free from landlines and most mobiles)

Open Monday to Friday, 9am-5pm

Email: info@respectphoneline.org.uk

Web: www.respectphoneline.org.uk

Men's Advice Line (for male victims of domestic violence): 0808 801 0327 (free from landlines and most mobiles)

Open Monday-Friday 9am-5pm

Email: info@mensadviceline.org.uk

Web: www.mensadviceline.org.uk

British Association for Counselling and Psychotherapy (BACP)

BACP House,

15 St John's Business Park

Lutterworth, Leicestershire LE17 4HB

tel. 01455 883300

web: www.bacp.co.uk

See website or send A5 SAE for details of local practitioners

Refuge

24-hour freephone domestic violence helpline.

Refuges tel. 0808 200 0247

Email: info@refuge.org.uk

web: www.refuge.org.uk

ACAS

Free support and advice on a range of employment relations.

Tel: 0300 123 1100, Open Monday to Friday, 08:00am-08:00pm & Saturday 09:00-1:00pm

Web: www.acas.org.uk

Everyman Project

Counselling for men who want to stop their violence.

1a Waterlow Road,

London N19 5NJ

helpline: 020 7263 8884

web: www.everymanproject.co.uk

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