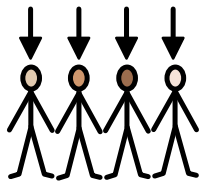


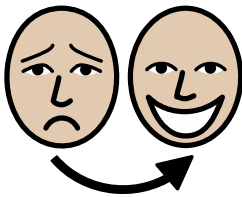
I feel really angry



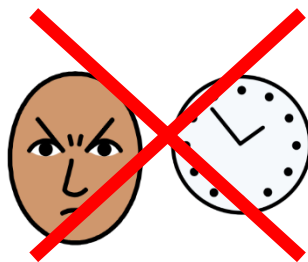
Feeling angry is being **frustrated** and **annoyed**



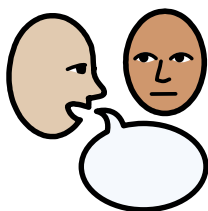
Feeling angry happens to **everyone**



Most people start to feel better after a while.



It is **unhealthy** to feel angry all the time



If you are feeling angry all the time, you should **talk to someone**

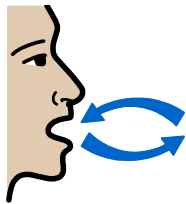
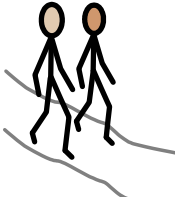


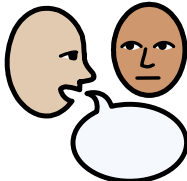


If you're feeling really angry you might

	Find it hard to concentrate
	Feel worried
	Feel embarrassed
	Feel overwhelmed
	Find it hard to sleep

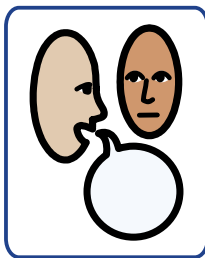


If you're feeling angry you could

	<p>Try Breathing slowly</p>
	<p>Get some fresh air, for example going outside for a walk</p>
	<p>Listen to music</p>
	<p>Doing an activity that makes you calm</p>
	<p>Talk to someone you trust</p>



If you're feeling really angry you could:



Firstly try talking to someone you trust or...



Call **0800 1111**



Text **YM** to **85258**

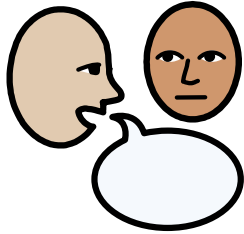


Call **116 123**



Text **07520 631168**

If you need urgent Help



Talk to your family, friends or someone at school you trust straight away.

111



Call **111** if you are unsure what service you need and want urgent advice



If you're feeling really angry and can't cope call **0300 0134778 (Mental Health Crisis Line)**

999

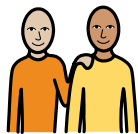


If it's an **emergency** or you are in **immediate danger call 999**

Write down who you know who can help you



To complete with an adult



Friends



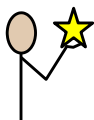
Family



Doctor








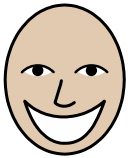


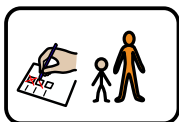
Teacher



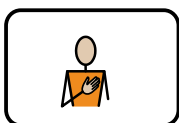
Other important
people

5 Point Scale - How am I feeling?

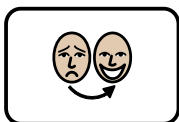
	 What it looks like	 What it feels like	 What I can try
5		Really angry	
4		Angry	E.g. talk to someone
3		Not fine	E.g. go for walk
2		Fine	
1		Calm and content	



1. Fill out the table with an adult



2. To understand how you are feeling



3. And what you can try do to help you feel better

<https://www.5pointscale.com/>