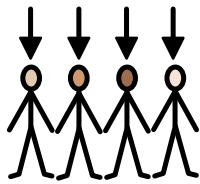




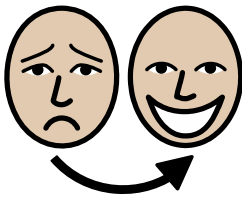
**I feel really angry**



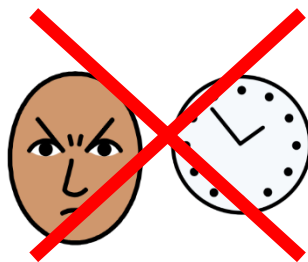
Feeling angry is being **frustrated** and **annoyed**



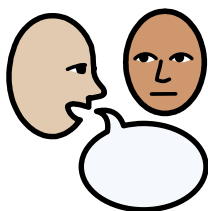
Feeling angry happens to **everyone**



**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 <b>hard to concentrate</b>
	Feel <b>worried</b>
	Feel <b>embarrassed</b>
	Feel <b>overwhelmed</b>
	Find it <b>hard to sleep</b>

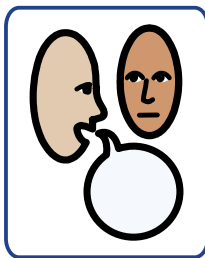


## If you're feeling angry you could

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



## If you're feeling really angry you could:



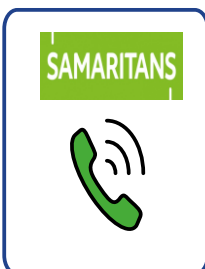
Firstly try talking to someone you trust or...



Call **0800 1111**



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

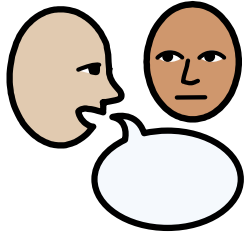


Call **116 123**



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**

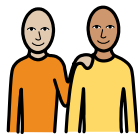


If it's an **emergency** or you are in **immediate danger** call **999**

# Write down who you know who can help you



To complete with an adult



Friends



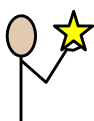
Family



Doctor








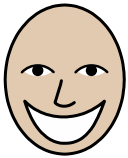


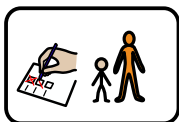
Teacher



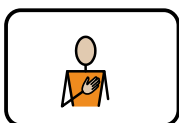
Other important  
people

## 5 Point Scale - How am I feeling?

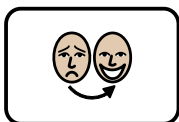
	 What it looks like	 What it feels like	 What I can try
5		Really angry	
4		Angry	E.g. talk to someone
3		Not fine	E.g. go for walk
2		Fine	
1		Calm and content	



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/>