

# Anger in Children and Teens



The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact [ShropshireFIS@shropshire.gov.uk](mailto:ShropshireFIS@shropshire.gov.uk) and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website [www.shropshire.gov.uk/early-help](http://www.shropshire.gov.uk/early-help)

Below are some services and leaflets that can support parents and professionals to help a young person deal with their anger.

### **Young minds**

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. They research, campaign and influence policy and practice. They also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work, and publications.

[http://www.youngminds.org.uk/for\\_children\\_young\\_people/whats\\_worrying\\_you/anger/anger\\_factsheets](http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/anger/anger_factsheets)

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=b9Ab8p6wyq8&familychannel=0>

### **TAMHS**

Managing Anger is an 8 week programme for primary and secondary aged children to understand triggers of anger and to defuse and manage them more effectively. This is one of the tools available to schools through Think Good Feel Good which supports children and young people with their emotional health and wellbeing. Children who are mentally healthy are able to develop psychological, emotionally, intellectually and spiritually. Mental health is accompanied by a sense of personal wellbeing. An ability to get along with others, to be able to cope with the normal range of problems/setbacks and learn from them. Good mental health enables children to play and learn, develop a sense of right and wrong and make and maintain positive relationships. It is not uncommon for children and young people to experience mental health difficulties. Some schools may not have the capacity or resources to deliver Managing Anger so please check with the school.

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=kVTJFAExc1U&familychannel=0>

### **Relateen**

This is a confidential counselling service that offers young people aged 5 to 18 someone to talk to about their difficulties and experiences caused by problems in the home or at school. Quite often adults who are experiencing problems are not always aware of how their difficulties may be impacting on the children. Also, children in these circumstances do not want to burden their parents with their fears and concerns and tend to keep things to themselves. This service allows young people to access counsellors directly. Find your nearest service to Shropshire.

<http://www.relate.org.uk/>

[https://www.relate.org.uk/find-your-nearest-relate?field\\_geofield\\_distance%5Borigin%5D=shropshire&field\\_geofield\\_distance%5Bdistance%5D=50&type=All&field\\_languages\\_tid=All&=Search](https://www.relate.org.uk/find-your-nearest-relate?field_geofield_distance%5Borigin%5D=shropshire&field_geofield_distance%5Bdistance%5D=50&type=All&field_languages_tid=All&=Search)

## **School counsellor**

Most schools have a counsellor the children can go to. Contact school to see what they can offer.

## **Targeted services**

Targeted services such as EnHance or Targeted Youth might be able to do a short piece of work with the young person. Schools can fill in a Whole Family Webstar. Information can be found on the Early Help website. <http://new.shropshire.gov.uk/early-help>

## **Parenting officer and Understanding Your Child Courses.**

These can offer some advice and support around the child's behaviour and how parents can manage this. Information can be found on the Early Help website.

<http://new.shropshire.gov.uk/early-help>

## **Resources**

### **Help guide**

This website provides information around understanding anger, exploring why someone is angry, warning signs and triggers, learn ways to cool down.

<http://www.helpguide.org/articles/emotional-health/anger-management.htm>

### **Young minds**

Leaflet for young people around anger and looking at why they are angry and services to get help.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/>

### **Mind**

Leaflet looking at anger, what triggers it, managing anger, getting help.

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/anger/>

### **Therapist aid**

Anger management skill cards for young people. These cards can be printed off for young people to use when feeling angry.

<http://www.therapistaid.com/therapy-worksheets/anger/adolescents>

## **Family lives**

Information for parents when teenagers turn violent at home. Tips for parents to manage violence, cope with arguments.

<http://www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home/>

Dealing with anger in teenagers, tips for parents to manage children's anger.

<http://www.familylives.org.uk/advice/teenagers/behaviour/dealing-with-anger-in-teenagers/>

## **NHS Choices**

Looking at anger in children, why they become angry and how you can support them.

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/dealing-with-angry-child.aspx>

## **Anger management for kids and parents.**

How to respond to children's anger.

[http://childdevelopmentinfo.com/how-to-be-a-parent/angry\\_child/](http://childdevelopmentinfo.com/how-to-be-a-parent/angry_child/)

## **NHS**

This looks at ways you can control your anger

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/controlling-anger.aspx>

## **Moodjuice**

Anger self-help guide for young people who are struggling with their anger. Looks at understanding your anger, see things in a realistic light, learn how to relax, making positive changes in your life, improving communication.

<http://www.moodjuice.scot.nhs.uk/anger.asp>

## **Counselling directory**

Looking at ways to express anger, what makes people angry, why it can be difficult to control anger, signs of an anger problem, angry management therapy.

<http://www.counselling-directory.org.uk/anger.html>

## **Empowering parents**

Ten rules for dealing with an angry child

<http://www.empoweringparents.com/the-10-rules-of-dealing-with-an-angry-child.php>

### **Books to read to children**

- A volcano in my tummy- by Whitehouse and Pudney
- What to do when your temper flares- By Dawn Huebner and Bonnie Matthews
- Starving the anger gremlin for children aged 5-9 years by - Kate Collins-Donnelly
- The red Beast, controlling anger in children with Asperger's syndrome – By K.I. Al-Ghani and Haitham Al-Ghani
- Your emotions, I feel angry- by Brian Moses and Mike Gordon
- Mad isn't bad, a child's book about anger - Michaelene Mundy