



When to get help for your anger

Let's face it: life has its challenges, and some moments may trigger feelings of irritation and upset. Everyone gets angry sometimes.

However, for some people, anger is more than an occasional feeling; it is a daily occurrence. For these people, anger may become extreme and negatively impact their life. When that happens, it may be time to seek anger management help.



SIGNS YOU MAY NEED HELP WITH ANGER

It can be hard to admit your anger is a problem. Take time to observe and reflect. Ask those around you for feedback. Look for these signs:

- Anger feels intense.
- Experience anger frequently.
- Hold grudges or plan how to "get even."
- Express anger with aggressive verbal or physical actions.
- Angry outbursts upset or frighten others.
- Anger feels out of control.

CONSEQUENCES OF ANGER

When you have an anger problem, the consequences can ripple through your life and the lives of those around you. It may cause:

- Damage to relationships
- Difficulty performing at work
- Health problems including a higher risk of heart disease
- Potential legal repercussions
- Dangerous driving behavior
- Substance abuse

WHAT TO DO

If anger is causing problems in your life it's time to get help. A professional anger management program may be a good choice for you. Here are a few ways to access care:

- Talk to your primary care provider and ask for a referral for anger management.
- Visit mhanational.org and find a provider in your area.
- Check with your company's Employee Assistance Program (EAP).
- Look up anger management classes or support groups in your area.