



# 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](http://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.