

Specialist Anger Management Support

A new, free service offering support to young people aged 11-25, their parents, carers and supporters.

HOW IT WORKS

The service we offer is completely confidential (within the appropriate safeguarding restraints), and gives parents or the young person a chance to talk about what they are finding frustrating and difficult. We provide understanding and insights into the behaviour and offer a wide range of strategies to calm tensions, better manage frustrations and avoid escalations of confrontations and conflict.

WE CAN HELP WITH:

- ✓ Uncharacteristic emerging or worsening angry behaviour
- ✓ Threatening behaviour and any form of destructive behaviour
- ✓ Aggressive or violent behaviour in the home - this may be targeted at siblings, parents or carers
- ✓ Signs of controlling and/or manipulative behaviour
- ✓ Advice or support for parents/carers dealing with this type of behaviour
- ✓ Parents/Carers who are concerned for the safety of a young person and others around them

How to enquire

Referral is quick and easy, contact us today and someone will respond within 24 hours to listen to your concerns and offer help.

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