

YOUNG MINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and

DITCH THE LABEL YOUR WORLD, PREJUDICE FREE

Provides lots of information

Advice and support forums



Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU

01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Feeling Angry?



All about anger

Anger is a 'normal' human emotion which we all feel at times. It is okay to feel angry.

There are many reasons people get angry. We may feel we are not being treated fairly or feel that people do not understand us.

Sometimes we can feel angry and not know why.

When we feel angry it is important that we try to manage our anger and stop ourselves expressing anger in unhelpful ways such as violence.

There are ways that we can try and stop this.

What can I do to help manage my anger?

Look out for warning signs

- Your heart starts beating faster
- You are clenching your fists
- You are breathing faster
- Your body feels tense
- You feel butterflies in your stomach

When angry try some of these techniques

- Walk away from the situation
- Talk to someone not involved in the situation
- Take some deep slow breaths and count to 10 before doing anything
- Distract yourself with something you enjoy

Once you are calm

- Try to think about what made you angry and why.
- What could you do different next time?

What if I get angry most of the time?

- Try telling you parents/ carer or a school staff member how you are feeling "I have been feeling angry a lot and I don't know why".
- Try writing things down or keeping a mood diary about how you have been feeling
- Try looking for patterns when you get angry, is it the same things that make you angry?

What else can I do if I am angry?

Remember it takes courage to ask for help but you deserve that help and support

There is lots of support out there for you



kooth

On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

They will chat to you online using a live chat facility or you can send them a message



childline

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