**Anger Management Support tools**

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

Mind for Better Mental Health website-

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anger/managing-outbursts/#.WX8J9k9TEdV>

<https://www.mind.org.uk/media/4032145/how-to-deal-with-anger-2016.pdf>

12 steps to managing anger-

<https://www.mindtools.com/pages/article/newTCS_97.htm>