



for Scotland's mental health



UNDERSTANDING ANGER



WHAT IS ANGER?

This publication explains anger, giving practical suggestions for what you can do and where you can go for support. It also includes advice for friends and family.

If you require this information in Word document format for compatibility with screen readers, please email:

info@samh.org.uk



CONTENTS

What is anger?	4
What does anger feel like?	6
Why do I get angry?	7
What can I do to manage my anger?	10
How can I control my anger long term?	12
What help is available?	16
What can friends and family do?	19
Useful contacts	22

WHAT IS ANGER?

We all feel angry at times – it's part of being human. Anger is a normal, healthy emotion, which we might experience if we feel:

- attacked
- deceived
- frustrated
- invalidated or unfairly treated

It isn't necessarily a 'bad' emotion; in fact it can sometimes be useful. For example, feeling angry about something can:

- help us identify problems or things that are hurting us
- motivate us to create change, achieve our goals and move on
- help us stay safe and defend ourselves in dangerous situations by giving us a burst of energy as part of our fight or flight system

Most people will experience episodes of anger which feel manageable and don't have a big impact on their lives. Learning healthy ways to recognise, express and deal with anger is important for our mental and physical health.

When is anger a problem?

Anger only becomes a problem when it gets out of control and harms you or people around you. This can happen when:

- you regularly express your anger through unhelpful or destructive behaviour
- your anger is having a negative impact on your overall mental and physical health
- anger becomes your go-to emotion and expression, blocking out your ability to feel other emotions
- you haven't developed healthy ways to express your anger

“It feels like there's a ball of fire in the middle of my chest that blurts its way straight out of my mouth and burns the people around me.”



What is unhelpful angry behaviour?

How you behave when you're angry depends on how well you're able to identify and cope with your feelings, and how you've learned to express them

Not everyone expresses anger in the same way. For example, some unhelpful ways you may have learned to express anger include:

- **Outward aggression and violence** - such as shouting, swearing, slamming doors, hitting or throwing things and being physically violent or verbally abusive and threatening towards others.
- **Inward aggression** - such as telling yourself that you hate yourself, denying yourself your basic needs (like food, or things that might make you happy), cutting yourself off from the world and [self-harming](#).
- **Non-violent or passive aggression** - such as ignoring people or refusing to speak to them, refusing to do tasks, or deliberately doing things poorly, late or at the last possible minute, and being sarcastic or sulky while not saying anything explicitly aggressive or angry.

“My brain goes blank and I absent-mindedly release my anger through physical violence towards myself or objects around me. I don't realise how destructive I've been until immediately afterwards.”

If you find you express your anger through outward aggression and violence, this can be extremely frightening and damaging for people around you - especially children. It can also have serious consequences: it could mean you lose your family, job and get into trouble with the law. In this case it's very important to seek treatment and support – please see our [Useful Contacts](#) section.

Even if you're never outwardly violent or aggressive towards others, and never even raise your voice, you might still recognise some of these angry behaviours and feel that they're a problem for you. For example, you turn your anger inwards and [self-harm](#) or deny yourself food.

“I internalise anger and punish myself by self-harm.”

WHAT DOES ANGER FEEL LIKE?

Anger feels different for everyone. You might experience some of the things listed below, and you might also have other experiences or difficulties that aren't listed here.

Recognising these signs gives you the chance to think about how you want to react to a situation before doing anything. This can be difficult in the heat of the moment, but the earlier you notice how you're feeling, the easier it can be to choose how to express and manage your anger.

“The best advice I was given was to stop briefly once I am angry to ask myself what painful emotion I am feeling in the situation where I became angry. A bit of compassion for my own pain often stops me from taking that pain out on others.”

Effects on your body

- a churning feeling in your stomach
- tightness in your chest
- an increased and rapid heartbeat
- your legs go weak
- tense muscles
- you feel hot
- you have an urge to go to the toilet
- sweating, especially your palms
- a pounding head
- shaking or trembling
- dizziness

Effects on your mind

- feeling tense, nervous or unable to relax
- feeling guilty
- feeling resentful towards other people or situations
- you are easily irritated
- 'red mist' comes down on you
- feeling humiliated

WHY DO I GET ANGRY?

Feelings of anger arise due to how we interpret and react to certain situations. Everyone has their own triggers for what makes them angry, but some common ones include situations in which we feel:

- threatened or attacked
- frustrated or powerless
- like we're being invalidated or treated unfairly
- like people are not respecting our feelings or possessions

People can interpret situations differently, so a situation that makes you feel very angry may not make someone else feel angry at all (for example, other reactions could include annoyance, hurt or amusement). Just because we can interpret things differently, it doesn't mean that you're interpreting things 'wrong' if you get angry.

How you interpret and react to a situation can depend on lots of factors in your life, including:

- your childhood and upbringing
- past experiences
- current circumstances

Whether your anger is about something that happened in the past or something that's going on right now, thinking about how and why we interpret and react to situations can help us learn how to cope with our emotions better.

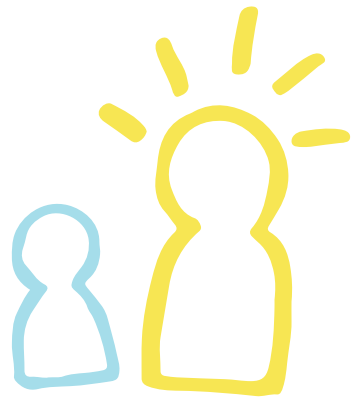
It can also help us find productive [strategies to handle our anger](#).



Your childhood and upbringing

How we learn to cope with angry feelings is often influenced by our upbringing. Many people are given messages about anger as children that may make it harder to manage your feelings as an adult. For example:

- **You may have grown up thinking that it's always okay to act out your anger aggressively or violently**, and so you didn't learn how to understand and manage your angry feelings. This could mean you have angry outbursts whenever you don't like the way someone is behaving, or whenever you are in a situation you don't like.
- **You may have been brought up to believe that you shouldn't complain**, and may have been punished for expressing anger as a child. This could mean that you tend to suppress your anger and it becomes a long-term problem, where you react inappropriately to new situations you're not comfortable with. If you don't feel you can release your anger in a healthy way, you might also turn this inwards on yourself.
- **You may have witnessed your parents' or other adults' anger when it was out of control**, and learned to think of anger as something that is destructive and terrifying. This could mean that you now feel afraid of your own anger and don't feel safe expressing your feelings when something makes you angry. Those feelings might then surface at another unconnected time, which may feel hard to explain.





Past experiences

If you've experienced particular situations in the past that made you feel angry, such as abuse, trauma or bullying (either as a child or more recently as an adult), and you weren't able to safely express your anger at the time, you might still be coping with those angry feelings now.

This might mean that you now find certain situations are particularly challenging, and more likely to make you angry.

Sometimes your present feeling of anger may not only be about the current situation but may also be related to a past experience, which can mean that the anger you are feeling in the present is at a level that reflects your past situation.

Becoming aware of this can help us to find ways of responding to situations in the present in a safer and less distressed way.

Current circumstances

If you're dealing with a lot of other problems in your life right now, you might find yourself feeling angry more easily than usual, or getting angry at unrelated things.

If there's a particular situation that's making you feel angry, but you don't feel able to express your anger directly or resolve it, then you might find you express that anger at other times.

Anger can also be a part of grief.

If you've lost someone important to you, it can be hugely difficult to cope with all the conflicting things you might be feeling. [Cruse Bereavement Care Scotland](#) can offer support and information in this situation.

For more information on organisations that can help with your anger, please see our page on [Useful Contacts](#).

“Breathing techniques have helped me to control my anger. I know that if I take a moment to concentrate on my breathing and not my anger, I'll have something else to focus on.”

WHAT CAN I DO TO MANAGE MY ANGER?

It can be frightening when your anger overwhelms you but there are ways you can learn to manage your anger when you find yourself in difficult situations. You can:

- look out for warning signs
- buy yourself time to think
- try some calming techniques

Remember:

If your outbursts can be violent or abusive this can cause serious problems in your life and relationships, and can be very damaging to the people around you. In this case, it's essential to seek professional treatment and support. Please see our [Useful Contacts](#) section for more information.

Look out for warning signs

Anger can cause a rush of adrenaline through your body, so before you recognise the emotion you're feeling you might notice:

- your heart is beating faster
- your breathing is quicker
- your body is becoming tense
- your feet are tapping
- you're clenching your jaw or fists

Recognising these signs gives you the chance to think about how you want to react to a situation before doing anything. This can be difficult in the heat of the moment, but the earlier you notice how you're feeling, the easier it can be to choose how to manage your anger.

Buy yourself time to think

Sometimes when we're feeling angry, we just need to walk away from the situation for a while. This can give you time to work out what you're thinking about the situation, decide how you want to react to it and feel more in control. Some ways you can buy yourself time to think are:

- Counting to 10 before you react.
- Taking yourself out of the situation by going for a short walk – even if it's just around your block or local area.
- Talking to a trusted person who's not connected to the situation, such as a friend, family member, counsellor or peer support group. Expressing your thoughts out loud can help you understand why you're angry and help calm you down. If you don't feel comfortable talking to someone you know, you can confidentially call the [Samaritans](#) 24 hours a day to talk about anything that's upsetting you.

For other organisations that can help please see our [Useful Contacts](#) section.

“What helps me is getting away from the situation to cool down.”

Try some techniques to manage your feelings

There are many ways to calm down and let go of angry feelings, depending on what suits you and what’s convenient at the time you are angry.

- **Breathe slowly** – try to breathe out for longer than you breathe in and focus on each breath as you take it.
- **Relax your body** – if you can feel your body getting tense, try focusing on each part of your body in turn to tense and then relax your muscles.
- **Try mindfulness techniques** – mindfulness can help you to be aware of when you're getting angry and can help calm your body and mind down. [Mindfulness Scotland](#) has more information on mindfulness and guidance on how to practice it
- **Exercise** – try to work off your anger through exercise. Sports like running or boxing can be really helpful for releasing pent up energy. You may find our [tips on physical activity for mental health](#) useful.
- **Use up your energy safely in other ways** – this can help relieve some of your angry feelings in a way that doesn't hurt yourself or others. For example, you could try tearing up a newspaper, hitting a pillow or smashing ice cubes in a sink.
- **Do something to distract yourself mentally or physically** – anything that completely changes your situation, thoughts or patterns can help stop your anger escalating. For example, you could try:
 - putting on upbeat music and dancing
 - doing something with your hands, like fixing something or making something
 - doing something creative like colouring or drawing
 - writing in a journal
 - taking a cold shower

Remember:

Learning new techniques to help manage your feelings can take time and practice - so try to be patient and gentle with yourself as you learn these new skills.

HOW CAN I CONTROL MY ANGER LONG TERM?



If you think about how to manage your anger when you're feeling calmer, you can avoid feeling overwhelmed by it in the heat of the moment. In particular, you can:

- learn your triggers
- examine your thought patterns
- develop your communication skills
- look at your lifestyle

Learn your triggers

Understanding what sort of situations trigger your anger means you can develop strategies to cope and think about how to react before the situation happens. You might find it helpful to keep a diary or make notes about the times you have felt angry. You could record:

- What were the circumstances?
- Did someone say or do something to trigger your anger?
- How did you feel?
- How did you behave?
- How did you feel afterwards?

If you do this for a while, you might start to see patterns emerging. You could do this yourself using a mood diary - you can find different templates available online for free. Or you could seek additional support. Please see our Useful Contacts page for more information.

Examine your thought patterns

If you're feeling upset or angry, you might find yourself automatically thinking or saying things like:

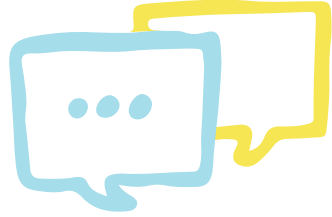
- "This is all their fault."
- "They never listen."
- "This always happens to me."
- "Other people should behave better."

Often there are lots of different ways we could interpret a situation. It can make you feel worse if you think in terms of 'always', 'never' and 'should', because in reality things are rarely so black and white. Making an effort to replace these words with softer terms like 'sometimes' or 'could' when thinking about your situation might help you to break up negative thought patterns, reflect more calmly on your situation and find new ways through conflicts.



Over time I have been able to spot certain triggers, which then enables me to look at myself and choose a healthier path.





Develop your communication skills

Being excessively angry and aggressive can get in the way of communicating your feelings and thoughts effectively. People may focus on your anger, and find it hard to listen to what you're saying. On the other hand, if you are able to express your anger by talking in an assertive, respectful way about what has made you angry, then you're more likely to be understood by others.

Being assertive means standing up for yourself while still respecting other people and their opinions. It can:

- make communication easier
- stop tense situations getting out of control
- benefit your relationships and self-esteem

Learning to be assertive might not feel easy to start with, but here are some things to try:

- **Think about the outcome you want to achieve.** What's making you angry, and what do you want to change? Is it enough just to explain what you are angry about?
- **Be specific.** For example, you could open your statement with, "I feel angry with you because..." Using the phrase 'I feel' avoids blaming anyone and the other person is less likely to feel attacked.
- **Really listen to the other person's response** and try to understand their point of view.
- **Be prepared for the conversation to go wrong** and try to spot when this is happening. If you feel yourself getting angry, you might want to come back to the conversation another time.

The organisation MindTools provides [tips on respectful assertiveness](#) on their website. Please see the [Useful Contacts](#) section for more information.

"What helps me is acknowledging how I'm feeling and why, then taking time to address it productively."

Look at your lifestyle

Looking after your wellbeing more generally could help you feel calmer and more in control when things happen that make you feel angry.

You might want to:

- **Avoid drugs and alcohol.** Although you might feel this could help you cope in the short term, alcohol and drugs can both affect your ability to control your emotions and actions, and can be a factor in violence. For information and support to stop using drugs or alcohol you can contact [Alcohol Focus Scotland](#) or search for an organisation which suits you through the [Scottish Drug Services Directory](#).
- **Be more active.** Being active can help let out any tension you're feeling, as well as having benefits to your self-esteem. Even gentle exercise like going for a walk can make a difference. See our information on [Five Ways to Better Mental Health](#).
- **Get good sleep.** Not sleeping well can have a huge impact on how we're feeling, and how well we cope with things that happen to us.
- **Look at what you're eating and drinking.** Food and nutrition can significantly affect your mental and emotional health.
- **Learn to deal with pressure.** We can feel pressured or stressed for lots of different reasons, but taking some time to learn how to deal with pressure can help us feel more in control of difficult situations. See our [publication on stress](#) for more information.
- **Develop your emotional resilience.** Effectively learning how to better cope with difficult situations can help us feel more able to handle complex emotions and recover from them more quickly.

“Exercise is the best thing to manage my anger. It transforms my mood!”

WHAT HELP IS AVAILABLE?

There are treatments available that can help you with your anger problems. If your difficulties with anger are related to a [mental health problem](#) and/or traumatic experiences then you might find that treatment and support for this also addresses your anger.

Talking therapy and counselling

[Talking therapy and counselling](#)

involves talking about your problems with a trained professional (such as a counsellor or psychotherapist) who can help you explore the causes of your anger and ways to manage it. This can help you work through your feelings and improve your responses to situations that make you angry.

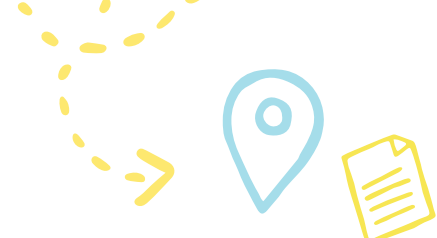
There are different types of talking therapies, and some are specifically tailored to anger issues.

- Counselling is usually a short-term treatment where you might talk through a specific issue – such as outbursts of anger with your partner or in the workplace – and try to understand how you could manage those situations differently. Some workplaces, higher education institutions, local charities and GP surgeries offer free or low-cost counselling services to their employees, students or local residents.

- Psychotherapy often lasts longer than counselling and tends to go deeper into past experiences. Your focus here may be on learning more about yourself to help you understand why you express your anger the way you do, or why certain situations make you angry.
- Cognitive behavioural therapy (CBT) is highly structured short-term talking therapy that examines how your thoughts, feelings and behaviours affect each other, and aims to teach you practical skills to change this. CBT is the most commonly offered talking treatment on the NHS. You could also try to learn CBT techniques by yourself through accessing self-help books from your local library, or online through free apps.

For more information about different kinds of talking treatments and how they can help, see our publication on [talking therapies](#).

“Talking, talking, talking over many years has helped immensely. Now I don't bottle it all up inside”.



How do I access these treatments?

To access most treatments, the first step is usually to talk to your GP but you can also check our Useful Contacts section for more information.

See our information on [attending a GP appointment](#) for tips on how to talk to your doctor about your mental health.

Anger can be a barrier to getting help

Accessing professional help isn't always straightforward; it can be challenging and sometimes you might experience setbacks or delays. It's understandable that you might sometimes feel frustrated and angry about your situation – especially if you don't feel you're getting the help you want.

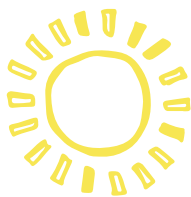
If you express your anger aggressively towards your healthcare professionals, this can cause more problems and delays in getting the help you want. Healthcare professionals have a right to feel safe at work; so if your behaviour becomes aggressive or threatening, they may not feel able to help you.

“I get angry when I don't get the help I need. That worsens my mental health so I feel more anxious and frustrated.”

Anger management programmes

These are a specific kind of talking treatment for people who struggle with anger issues. They often involve working in a group, but may involve one-to-one sessions. They may use a mixture of counselling and CBT techniques. You can try:

- **NHS anger management courses.** Some [NHS Scotland Health Boards](#) run free local anger management services – you can ask your GP what's available near you.
- **Local Community Mental Health Team (CMHT).** Your local team may run courses or provide support with this – you can ask your GP to refer you.
- **Online self-help.** Some organisations have produced online self-help guides for managing anger. Please see our [Useful Contacts](#) section for more information.
- **A private course or therapist specialising in anger.** You can use the [British Association of Counselling and Psychotherapy's \(BACP\) website](#) to search for accredited therapists near you. You can also see our [Useful Contacts](#) section for other ways to access private counselling or therapists. See our publication on [talking therapies](#) for more information about private therapy.



Help for abusive and violent behaviour

If your anger means you're acting in an abusive or violent way it's important to get help. You might feel worried that asking for help will get you in trouble, but it is often the most important first step towards changing your behaviour. You can contact:

- **Your GP.** They can talk through your options with you, and refer you on to any local services. In many areas, NHS Scotland, social services or your local authority will run programmes to help perpetrators of domestic abuse change their behaviour.
- **Respect** runs a phonenumber offering advice, information and support on 0808 802 4040. You can also email them on info@respectphonenumber.org.uk or use their live chat on their website. Live chat is available Tuesdays and Thursdays 10 am–4 pm.
- **The Freedom Programme** runs online and in-person courses for anyone who wants to change their abusive behaviour.
- The **Alternatives to Violence Project** Scotland runs courses to help people learn new ways to tackle situations where violence could arise.
- **The Caledonian System** helps to deal with men's domestic abuse and to improve the lives of women, children and men. It does this by referring men convicted of domestic abuse-related offences to a programme to reduce their risk of re-offending, while offering integrated services to women and children.



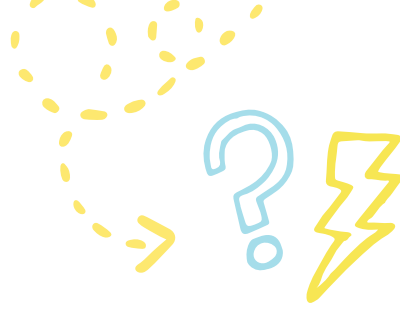
WHAT CAN FRIENDS AND FAMILY DO?

This section is for friends and family of someone who is experiencing problems with anger.

It can be very difficult when someone you care about is experiencing problems with anger, especially if they sometimes direct their anger towards you, others close to them, or themselves.

We are all responsible for our own actions. Ultimately it is up to each of us to learn how to manage and express our anger appropriately, but there are still lots of things you can do to help support someone else:

- **Stay calm.** Although you probably have a lot of difficult feelings of your own, if you can stay calm it can help to stop anger escalating.
- **Try to listen to them.** If you can, allow them time to communicate their feelings without judging them. Often when someone feels that they are being listened to, they are more able to hear other people's points of view as well. Sometimes just being given permission to communicate angry feelings can be enough to help someone calm down.
- **Give them space.** If you notice that continuing the conversation is making it worse, give them space to calm down and think. This could be something like going into another room for a while, or spending a few days apart. It's important to give yourself space as well, so you don't find yourself getting too angry.
- **Set boundaries.** While there are lots of reasons why this can be difficult, it's important to set limits and boundaries. Be clear in advance about what sort of behaviour is and isn't acceptable to you, and think about what action you can take if someone crosses the line. You don't have to put up with any behaviour that makes you feel unsafe or seriously affects your own wellbeing.
- **Help them identify their triggers.** This is something you can try when you're both feeling calm, away from any heated situation. Identifying someone's triggers for anger can help you both think about ways you can avoid triggering situations, and plan how to handle them and how to communicate when they do arise. Try not to be judgemental or accusatory. While it can be useful to give specific examples of when you remember them getting angry in the past, be aware that this is probably upsetting for them to think about.



- **Support them to seek professional help.** For example, you could help them arrange to see their GP, or help research anger management courses. See our information in this publication on [help for abusive or violent behaviour](#) as well as our Useful Contacts section.
- **Look after your own wellbeing.** It can be difficult at times to support someone else, so make sure you're looking after your own wellbeing too. See our information on [being there for someone](#).

“The worst thing is for people to tell me to calm down or say that whatever caused my anger doesn't matter. People listening and accepting my feelings (even if my anger seems unprecedented) helps the most.”

What if their behaviour is abusive or violent?

Just because someone seems very angry, it doesn't necessarily mean that they will become violent or abusive. If this does happen, the most important thing is to make sure that you are safe.

- **Don't confront someone who is behaving aggressively.** If you want to talk to them, wait until the situation has calmed down.
- **You may want to make a safety plan.** This might include:
 - Making a list of phone numbers of people, organisations and services that you can call if you are scared.
 - Arranging to stay at a friend's or neighbour's house until things are calm. Make sure you take any children or other people at risk with you.
 - Having a bag prepared to leave in an emergency.
- **You can call the police.** If you are in danger – or the safety of others in your home, such as children – dial 999. You might feel worried about getting your loved one or family member in trouble, but it's important to always put your own safety first.

- **Scottish Women's Aid** run safe houses for women and children escaping domestic abuse. They offer information, support and advice, and a directory of local services for women and children experiencing domestic abuse.
- **Abused Men** in Scotland offers support to men who are or have experienced domestic abuse. Call 0808 800 0024, or you can email them at contact@amis.org.uk.
- **Galop** offers support to lesbian, gay, bi, trans and queer people who are or have experienced domestic abuse across the UK. Contact 0800 999 5428.
- **Childline** can help if you are under 16 and need someone to speak to about domestic abuse. Call 0800 1111. It is free from any phone and won't show up on your phone bill.
- **Scotland's Domestic Abuse & Forced Marriage Helpline** is available 24 hours day on 0800 027 1234 for anyone with experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them.

“I need my family to speak to me honestly but remain understanding. We have code words that we all can use when I'm either being unreasonable or when I feel like I might lash out.”

What if they don't recognise they have a problem?

You might find that the person you are supporting doesn't recognise they have a problem and/or refuses to seek help.

It's understandable to feel frustrated, distressed and powerless as a result of this. It's important to accept that they are an individual, and that there are always limits to what you can do to support another person.

Our guide on [being there for someone](#) has more information on what you can and can't do in this situation.

USEFUL CONTACTS





SAMH INFORMATION SERVICE

@ samh.org.uk/info

📞 0344 8000 550

💻 info@samh.org.uk

Whether you are looking for more information, have questions or are seeking support, SAMH can help. The SAMH Information Service provides information and signposting for pathways to better mental health and wellbeing over the phone, through emails and through a range of online information.

The SAMH Information Service is open from 9am to 6pm, Monday to Friday, except on Bank Holidays.



LISTENING AND CRISIS SERVICES

Who else could help?

This section contains details of organisations or support services which you may find useful.

SAMH does not endorse any particular support service, including those listed on this page. This is not an exhaustive list. You may be able to find other services near you.

Breathing Space

 breathingspace.scot

 0800 83 85 87

Offers a free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety.


Samaritans

 samaritans.org

 116 123 (Freephone)

24-hour emotional support for anyone struggling to cope.

Shout

 giveusashout.org

 Text: 85258

Shout is volunteer-run and is the UK's first 24/7 crises text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

GENERAL SERVICES

Abused Men in Scotland

 abusedmeninscotland.org

 0808 800 0024

Offers support to men who are or have experienced domestic abuse.

Alcoholics Anonymous (AA)


 alcoholics-anonymous.org.uk

 0800 9177 650

Peer-lead support programme following 12 steps to support you to stop drinking.

Alcohol Focus Scotland

 alcohol-focus-scotland.org.uk

 Drinkline: 0800 7 314 314
0141 572 6700

Offers ways to find a local support service for people with alcohol problems.

Alternatives to Violence Scotland

 avpscotland.org.uk

A volunteer run charity that offers workshops in Glasgow, Edinburgh and North Lanarkshire to those interested in reducing violence in their lives and their communities. This includes those who have been violent or those who have been the subjected to violence.

British Association for Counselling and Psychotherapy (BACP)

 bacp.co.uk

 01455 883 300

Information and details of accredited counsellors and psychotherapists practitioners.

BACP: Ask Kathleen

 bacp.co.uk/about-therapy/ask-kathleen

A BACP service which provides confidential guidance and information on what to do if you have any concerns about your therapy or your therapist.

BABCP: The Online CBT Register

 cbtregisteruk.com

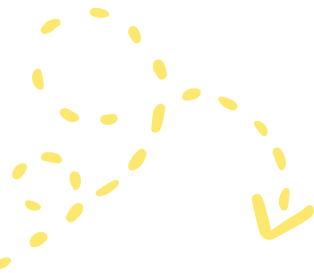
Provides by the British Association for Behavioural and Cognitive Psychotherapies (BABCP), the Online CBT Registers allows you to search for a CBT therapist.

Childline

 childline.org.uk

 0800 1111

Offers free, private and confidential help to anyone under 19 years old in the UK with any issue they're going through.



COSCA (Counselling & Psychotherapy in Scotland)

 cosca.org.uk
 01786 475140



COSCA is Scotland's professional body for counselling and psychotherapy that provides a directory of accredited practitioners.

Cruse Bereavement Care Scotland

 crusescotland.org.uk/support
 0845 600 2227



Counselling and support for anyone affected by a death of someone close to you.

The Freedom Programme

 freedomprogramme.co.uk/
 01942 262 270

A domestic violence programme that offers online and in-person courses for anyone who wants to change their abusive behaviour.

Galop

 galop.org.uk
 0800 999 5428



Supports lesbian, gay, bi, trans and queer people who have experienced hate crime, sexual violence or domestic abuse.

National LGBT + domestic abuse helpline:

 0800 999 5428

Supports lesbian, gay, bi, trans and queer people who have experienced hate crime, sexual violence or domestic abuse.

LGBT Domestic Abuse Scotland

 lgbtdomesticabuse.org.uk/
 0131 555 3940

Offers training and provides information to raise awareness of LGBT people's experiences of domestic abuse

Mindfulness Scotland

 mindfulnessscotland.org.uk/

Information about mindfulness and mindfulness-based stress reduction (MBSR). Guidance on how to learn mindfulness.

Mind Tools

 mindtools.com

Information on how to communicate in a respectfully assertive way.

Refuge


 refuge.org.uk

 0808 2000 247

A national charity that runs safe houses for women and children escaping domestic abuse, and works with families to effect change.

Respect

 respectphoneline.org.uk

 National Advice line:
0808 802 40 40

 Men's Advice line: 0808 801 0327

Offers advice, information and support for people who are worried about their violent or aggressive behaviour towards others.

Scottish Drug Services Directory

 scottishdrugservices.com

 0141 221 1175

Provides a way to search for a local support service for people with drug problems.

Scotland's Domestic Abuse & Forced Marriage Helpline

 sdafmh.org.uk

 0800 027 1234

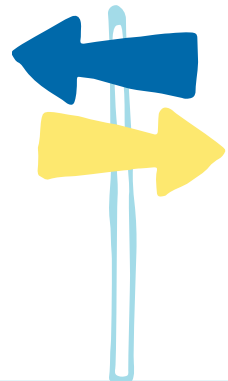
This helpline is open 24 hours a day and offers advice and support for anyone with experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them.

Scottish Women's Aid

 womensaid.scot

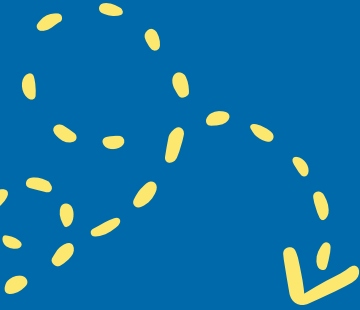
 General enquiries: 0131 226 6606

Provides safe houses for women and children escaping domestic abuse. They offer information, support and advice, and a directory of local services for women and children experiencing domestic abuse.





for Scotland's mental health




SAMH is Scotland's mental health charity and is dedicated to mental health and wellbeing for all. We are here to provide help, information and support to people affected by mental health problems.

samh.org.uk

 **[@samhtweets](https://twitter.com/samhtweets)**

 **facebook.com/SAMHmentalhealth**

 **[@samhscotland](https://www.instagram.com/samhscotland)**

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