



Self-Help Guides: Anger



[Click here](#) for a self-help guide for managing problems with anger using Cognitive behavioural Therapy methods

[Click here](#) for an NHS self help guide to controlling anger



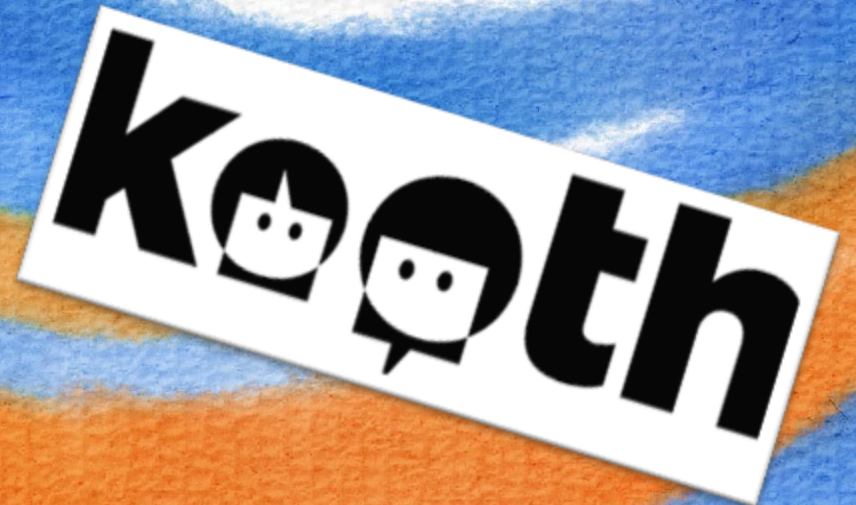


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BeeU is an emotional health and wellbeing service for people, up to the age of 25, living in Shropshire and Telford and Wrekin

Kooth provide an anonymous 24- hour online service offering peer support, self-help and have trained counsellors to talk to. Available to anyone aged 11-25 in Shropshire and Telford and Wrekin.





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**The
Children's
Society**

The Children's society deliver health promotion, prevention and early help and support as well as working with young people to aid transition/sign posting to other services or resources. Drop in sessions are available in Shrewsbury and Telford.

BEAM Telford

Mondays 2pm – 6pm

Hollinswood Neighbourhood Centre, 7 Downemead,
Hollinswood, TF3 2EW

BEAM Shrewsbury

Thursdays 2pm -6pm

Palmers Coffee Shop, Belmont Church, Claremont Street,
SY1 1QG



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[Click here for a link on Mind website on help with dealing with Anger.](#)

