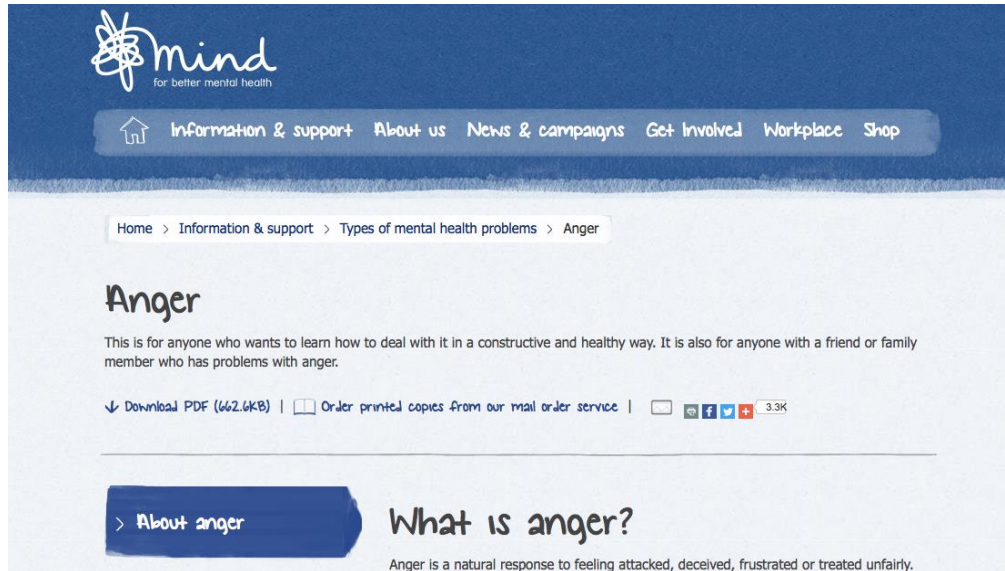


Anger support through MIND

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/anger/#.WCOkn1KAReA>



The screenshot shows the MIND website's 'Anger' support page. At the top is the MIND logo with the tagline 'for better mental health'. Below the logo is a navigation bar with links: 'Information & support', 'About us', 'News & campaigns', 'Get Involved', 'Workplace', and 'Shop'. A breadcrumb trail reads: 'Home > Information & support > Types of mental health problems > Anger'. The main heading is 'Anger', followed by a sub-heading: 'This is for anyone who wants to learn how to deal with it in a constructive and healthy way. It is also for anyone with a friend or family member who has problems with anger.' Below this is a download link for a PDF (662.6KB) and an option to order printed copies. There are social media icons for Facebook, Twitter, and YouTube, with a '3.3K' share count. A blue button labeled '> About anger' is visible, along with the text 'What is anger?' and a definition: 'Anger is a natural response to feeling attacked, deceived, frustrated or treated unfairly.'

Anger Moodjuice Self-Help on iTunes

Moodjuice Self-Help Guides

By Moodjuice

To listen to an audio podcast, mouse over the title and click Play. Open iTunes to download and subscribe to podcasts.



Free

Category: Self-Help

Language: English

© 2010–2011 Moodjuice

Customer Ratings

We have not received enough ratings to display an average for this podcast.

Links

[Podcast Website](#)

[Report a Concern](#)

Description

These self help and relaxation audio guides introduce common mental health problems and describe methods for overcoming them.

Name	Description	Released	Price
1 Sleep Self Help (enhanced)	Moodjuice Self Help G...	9 5 2011	Free View in iTunes >
2 Sleep Self Help	Moodjuice Self Help G...	9 5 2011	Free View in iTunes >
3 Thought Challenging Exe...	Moodjuice Self Help G...	29 4 2011	Free View in iTunes >
4 Depression Self Help (enh...	Moodjuice Self Help G...	18 4 2011	Free View in iTunes >
5 Depression Self Help	Moodjuice Self Help G...	18 4 2011	Free View in iTunes >
6 Activity Scheduling	Make good use of you...	18 4 2011	Free View in iTunes >
7 Relaxation Guide	Learn how you can fee...	14 2 2011	Free View in iTunes >
8 Lifestyle	Consider making posit...	11 2 2011	Free View in iTunes >
9 Problem Solving	Improve your problem...	9 2 2011	Free View in iTunes >
10 Communication & Asserti...	Improve your commun...	7 2 2011	Free View in iTunes >
11 Anger Self Help (enhanced)	Moodjuice Self Help G...	4 2 2011	Free View in iTunes >
12 Anger Self Help	Moodjuice Self Help G...	3 2 2011	Free View in iTunes >
13 Visualisation Exercise	Moodjuice Relaxation ...	15 12 2010	Free View in iTunes >
14 Relaxation Exercise	Moodjuice Relaxation ...	14 12 2010	Free View in iTunes >
15 Progressive Muscular Rel...	Moodjuice Relaxation ...	13 12 2010	Free View in iTunes >