

Nine Strategies to Manage Your Anger

1. Be aware of the physical signs that your anger is building - fast heart rate and breathing, sweating, becoming agitated, sudden sensations of heat and flushing in the face, pressure building in your head, your stomach starts to knot, muscles tighten, especially the jaw and arms. These signs are indications your body is preparing for 'flight or fight' - a response to threat.
2. Tell the person you are angry with "I can't think properly, I'm getting too angry, I will talk about this when I've calmed down".
3. Take time out. Walk away from the situation for however long it takes. On a scale of 1-10, if your anger is more than 7, you will need at least an hour to calm yourself.
4. Distract yourself by thinking about something else. Go for a walk, jog, ride a bike — something physical that will burn up your energy. You could also ring a trusted relative or friend.
5. Practice relaxation or deep breathing. When angry, breathing becomes fast and shallow. Slow and deepen your breath for a calming effect. Take five long, slow breaths and relax the muscles in your arms and face.
6. When you are feeling calmer, ask the person to discuss the issue with you again, or invite them to make a time to discuss it. If you get angry, walk away from the situation again.

7. Consider how close you were to being abusive and think calming thoughts. Also think about how your arguments start and don't rehearse negative statements like blaming the other person, etc. Back away when these thoughts start to build up tension.
8. Use walk away 'time out' to gain control over your anger and prevent physical violence or abuse. Don't try to use it as a form of control to end a disagreement.
9. Practice taking a 15 minute 'time out' at least three times a week, even if you are not feeling aggressive. Do something you enjoy, but never use this time to drink, take drugs or do something that upsets your partner. Come back right on time and continue what you were doing **OR** invite your partner to take 'time out' to do something they enjoy.

*Try to view
counselling as a
sign of strength
rather than of
weakness*

COMMUNITY SUPPORT FRANKSTON
Inc. Reg. No. A0000431J ABN 95 426 151 625

Family Violence

April 2020

Support for Men



ANGER MANAGEMENT



35 Beach Street, Frankston
Phone: 9783 7284

“It is crucial men see counselling as a strategy to review and improve relationships rather than as a last resort”

Family Life

Domestic Violence / Counselling

Level 1, 60-64 Wells Street, FRANKSTON

Phone: 03 9770 0341

Email: info@familylife.com.au

Men's Behaviour Change

Family Life

Duty Worker: 03 9770 0341

Email: info@familylife.com.au

Relationship Matters

White Street Mall, FRANKSTON 3199

Phone: 1300 543 396

This program is run by Family Life and Relationship Matters, and offers men the opportunity to learn and use alternatives to behaving violently or abusively. You may also be provided with individual counselling before or after the group program and, where appropriate, sessions with your partner.

It also assists men to form more respectful relationships with their partners, children, families, friends and work colleagues. All applicants must attend an initial interview.

Where couples are separated and there is ongoing conflict over children, the counsellor implements strategies to maintain duty of care and promote safety.

Cost for the 20 week program is \$455 (\$325 for concession card holders). A fee of \$50 is also applicable for two intake assessments. A non-refundable deposit is required to secure a place in the program.

Salvation Army – Dandenong

Positive Lifestyle Counselling Service

147-151 Foster Street, DANDENONG 3175

Phone: 9794 3500

Web: salvationarmy.org.au

Offers men's programs in Life Skills, Anger Management, Addiction Awareness and Positive Lifestyle. Limited class sizes. Appointment required before intake. Service MAY be fully funded if you are in the court system with a drug problem. Call for details and program dates and times. Also offers 1-on-1 counselling for a small charge.

Frankston Community Health

Family Violence Programs / Counselling

Frankston Integrated Health Centre

2 Hastings Road, FRANKSTON 3199

Phone: 9784 8100

The MENS Program runs behaviour change groups for men who have used violent, abusive and/or controlling behaviour within the family and want to stop using this behaviour.

The safety of women and children is a priority. Following assessment, men can join a group to work on changing their own behaviour. Weekly sessions provide men with access to information and strategies for choosing respectful behaviour and focusing on family safety and wellbeing.

Phone & Website Advice

Men's Referral Service

Calls are free, anonymous and confidential

Phone: 9428 2899 **OR** 1300 766 491

Hours: 8:00am-9:00pm weekdays

9:00am-5:00pm weekends

Web: www.ntv.org.au

For men who are concerned about any of the following:

- Getting frustrated and exploding
- Being abusive to your family
- Feeling angry with the people you care most about
- Using violence in the home
- Feeling overwhelmed or confused
- Feeling your behaviour is having an effect on your children and those around you

Men's Line

Phone: 1300 789 978

Hours: 24 hours (7 days)

Web: www.mensline.org.au

Lifeline

Phone: 131 114

Hours: 24 hours (7 days)

Web: www.lifeline.org.au