



COPING IN CRISIS

Staying well with ISK

Week of April 27: Coping with Anger

FROM SAMHSA:

[Tips for Survivors: Coping with Anger After a Disaster or Other Traumatic Event](#) (Factsheet; 4-page downloadable PDF)

[Skills for Psychological Recovery](#) (154-page manual, PDF)

- **Page 37: Skill #4 - Managing Reactions:** For survivors with distressing physical and/or emotional reactions, including anger, in response to disaster-related experiences.

[Anger Management for Substance Use Disorder and Mental Health Clients: Participant Workbook](#) (64-page downloadable PDF; summarizes the 12-week Anger Management program; includes worksheets.)

[Disaster Distress Helpline](#) (24/7/365 crisis counseling for people experiencing emotional distress. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.)

FROM MENTAL HEALTH FIRST AID:

[Tips to Help Teens Cope During COVID-19](#) (Blog post; self-care for feeling stressed, frustrated, angry, worried or anxious)

OTHER:

Pine Rest Christian Mental Health Services:

[Verbal De-escalation: Responding To Anger From Those Impacted By High Stress](#) (Blog post)

Center for the Study of Traumatic Stress:

[Managing Family Conflict While Home During COVID-19: Intimate Partners](#) (2-page PDF)

University of Michigan Department of Psychiatry:

[Mindfulness & Managing Stress during the COVID-19 Pandemic](#) (web article; using mindfulness to acknowledge a situation without getting carried away by strong emotions like anger)

Visit the ISK [Facebook page](#) for more tips.

Have a great week and stay well!