Anger in one page

What it is

What is problem anger?

Problem anger is anger that comes too often or too strongly, or that harms you or others. Anger itself is a normal feeling, and problem anger is not a diagnosis. It can be a sign of depression or anxiety, which a GP can check.

- Anger is a normal feeling, not a diagnosis

The signs

What are the signs of problem anger?

Signs of problem anger include anger that harms your relationships or work, trouble controlling what you do, regret afterwards, and breaking things or becoming abusive or violent. Others telling you anger is a problem is a sign too. Start with your GP.

- A pounding heart and tense muscles warn of anger

Where to start

Can I refer myself to a behaviour change program?

Yes, you can contact a program yourself: programs take men who are not court-ordered. A court can require a program, and in NSW a family violence service or healthcare professional can also refer you.

- Open the Men's Referral Service national directory online.

Treatment

Can I get a mental health plan for anger?

Yes, if your GP judges you have a mental disorder and records a provisional or formal diagnosis. A course gets a Medicare rebate only when an eligible Better Access provider bills it as a group session on your referral.

Medication

Medicine or therapy first?

For anger, Australian government health pages point to therapy and skills, such as counselling, CBT and anger courses. Whether medicine fits for anxiety or low mood is a decision for your GP or a psychiatrist, made with all three in view. Bring your full history, including any past highs, to that talk.

- For anger, therapy and skills come up first
- CBT and anger courses are options
- Medicine is a GP or psychiatrist decision

Who diagnoses and who prescribes

Who prescribes for anger, and is anything on the PBS?

No medicine is listed for anger in the sources behind this guide, so there is no PBS cost for anger itself. If a doctor prescribes another PBS medicine, you pay up to $25.00, or $7.70 with a concession card, from 1 January 2026. Your GP is the usual first doctor to see, and some anger help is free.

- No medicine is listed for anger in our sources
- Other PBS medicines: up to $25.00, or $7.70
- Your GP is the usual first doctor to see

What it costs

What does it cost?

It depends on who you see. Medicare Mental Health Centres are free with no referral. For a psychiatrist's item 291 assessment, the schedule fee is $549.90 and Medicare pays back $467.45. Psychiatrists can charge more, so ask about the gap. A doctor's referral to a psychologist may give you a Medicare rebate.

- Medicare Mental Health Centres are free
- Item 291 pays back $467.45
- Ask every practice about the gap

In danger? Call 000. Lifeline 13 11 14, text 0477 13 11 14, or chat online.

Suicide Call Back Service 1300 659 467. Free counselling by phone or video, any hour.

Navigation, not diagnosis: this site is general information and is not a substitute for professional advice. Written by Hai from published sources. No clinician has reviewed these pages.

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