

Listening Lucy



Dear Listening Lucy,

I keep suddenly feeling really angry. I can be fine one minute and then the slightest thing makes me feel like exploding with rage. I end up taking it out on my mum and brother. What should I do?

Zainul

Dear Zainul,

Please send your questions to:

Listening Lucy, Problem Close, Loveborough, Adviceshire L073 1UCY
or you can contact by email at ListenLucy1986@Q&Angels.co.org.uk

Please allow 5-7 working days for a reply to your question.

If you have not received a reply after that time, then call our support team
on 01234 098765, as we do answer all letters!