**Oppositional Defiant Disorder (ODD)**

| **I can help myself by…** | **I can help others by..** | **Professionals to contact** |
| --- | --- | --- |
| Not applicable | Understanding and learning more about the behaviour | Family therapist |
| Trying to remain calm and building a positive environment. | Psychologist |
| Modelling and Praising positive behaviour | Psychiatrist |