

What the service user can expect from the service

- > Assessment
- > Group work
- > 1-1
- > Consultation
- > Drop in group support
- > DBT Group
- > DBT informed Group
- > Education Group
- > Metallisation Group

*Hope is like the sun,
which, as we journey
towards it casts the
shadow of our burden
behind us. Hope
sweetens the memory of
experiences... It befriends
us in the dark hours....
It lends promise to the
future..' (Smiles)*

CONTACT US

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OTHER USEFUL CONTACTS

Lifeline 24 hour Helpline	0808 808 8000
Samaritans	116 123
PIPS Newry & Mourne	028 3026 6195
PIPS Upper Bann	07595 221334
Niamh Louise Foundation	028 875 3327
CAUSE Helpline	028 9065 0650

www.personalitydisorder.org.uk

www.MIND.org.uk

www.emergenceplus.org.uk

www.rcpsych.ac.uk

Personal and Public
Involvement (PPI)



Involving you,
improving care

www.thementalhealthforum.co.uk



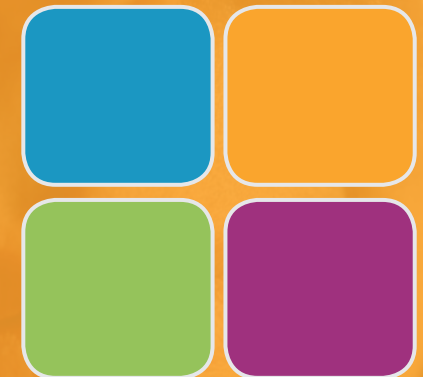
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Southern Health
and Social Care Trust

Quality Care - for you, with you

PERSONALITY DISORDER SERVICE (PDS)



INFORMATION LEAFLET

The Personality Disorder Service

The team works collaboratively with service users, carers and multidisciplinary colleagues across mental health and with statutory and voluntary sectors towards the goal of recovery.

What happens when you are referred

You will be assessed by a Personality Disorder Practitioner and a joint decision between you and the Practitioner will be made regarding future Treatment or Sign posting to other services.

Where you will be seen

Based at Ashleigh House, Armagh but appointment can be facilitated across the Southern Trust.

What happens at initial assessment

Depending on your current needs the Practitioner will go through treatment options with you. You will have the choice to decide which pathway you would like to engage in.

What happens afterwards

You will be given time to reflect on the information provided and a letter will be sent on the outcome of the assessment

There is always HOPE and RECOVERY is possible

The main focus of the service is around:

- > Consultation/Guidance
- > Crisis/Recovery Planning
- > Assessment
- > Treatment
- > Support
- > Education and Training
- > Evidence based treatments are offered including:

Psychotherapy Education (Foundation)

This is an introduction to group work for people entering the service with a focus on engagement and psycho-education

14 Week Mentalisation Based Therapy (MBT) Group

This is a group that encourages participants to explore thoughts, feelings, behaviours and learning more adaptive ways of coping.

18 Month MBT Treatment Group

This is a treatment group to encourage the development of the ability to reflect on feelings and thoughts in relation to their own and other peoples worlds and to learn how to regulate emotions.

Weekly support group

What is Personality Disorder?

Our personality develops from genetic, social and environmental influences. Personality based difficulties can cause high levels of psychological and emotional distress. A personality disorder can be treated successfully.

FACT: 'Attention-seeking behaviours' are just that, deserving of attention, not to be ignored.

FACT: Self-harm isn't necessarily about suicide. It is a way of communicating acute distress.

FACT: A personality disorder does not mean that you are 'mad' or off your head'. It does not mean that you are 'bad' or 'weird.' It means that you have difficulties, but difficulties which can be treated.

FACT: Personality disorders can be very successfully treated.

FACT: A personality disorder does not mean that my children will also have a personality disorder. I can learn how to regulate my emotions and to protect my children.



**Promoting Hope,
Opportunity and
Personal Control**