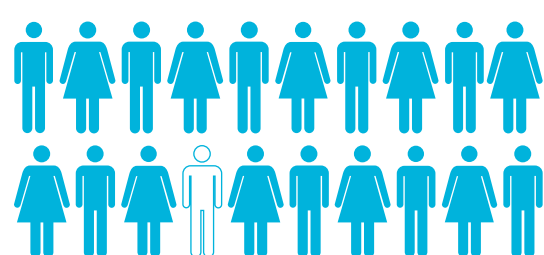


Treat me like a person

Guidance for working with personality disorder



1 in 20

people in the UK live with some sort of personality disorder

People with a diagnosis of personality disorder often experience strong emotions which can be hard to manage. They can have difficulties in relationships.

People with a diagnosis of personality disorder have often had difficult childhood experiences. Their distress and associated difficulties are an understandable response.

People diagnosed with personality disorder have greater rates of physical health problems...

But they receive worse medical care.

What should I do?

- Remember that any behaviour we might find challenging is likely from a place of pain & distress. Remain compassionate and validate the emotions
- Develop a shared plan for treatment and stick to this, taking individual preferences into account
- Physical symptoms linked with mental health problems (e.g. panic attacks) are still real and distressing and should be treated with compassion
- People living with personality disorder can be more likely to experience anxiety – take things slow and check how much they have heard
- Building a trusting relationship will be important, so keep workers consistent when possible, prepare for changes when they do happen
- Communicate with others involved to ensure consistent care

Treat all service users in the same way that you would like to be treated