

A course on understanding Personality Disorder for family, friends and supporters.

This free course has an introductory session and 6 weeks of content focusing on a variety of topics including:

- What is personality disorder?
- Ways of offering support to someone who experiences 'personality disorder'
- How to look after yourself

Cost: Completely free of charge.

Where: The course is typically delivered online, but there may be the option to meet in person if this is a group preference.

When: please contact us for upcoming dates.

"I didn't really understand much about personality disorders before going to Cygnus, but I've learnt so much and been given a strong foundation to grow the relationship I have with my partner. For once, I could talk to people who got what I was saying and didn't just tell me to walk away."

Do you support a friend/relative with a 'personality disorder'/complex emotional needs? This group may be for you!

For more information or to book your place, please email:

emergecarers.lypft@nhs.net

Or check out our website:

[https://
www.leedsandyorkpft.nhs.uk/our-services/merge-leeds/carers-families-friends-supporters/](https://www.leedsandyorkpft.nhs.uk/our-services/merge-leeds/carers-families-friends-supporters/)



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