

# Much More Than A LABEL

A Resource About Personality Disorder By People With Lived Experience



Section **08**

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## Local Information

This resource has been produced by the Consultation and Advocacy Promotion Service and funded by NHS Lothian

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**Contact:**

**Naomi Salisbury, Development Worker**

**CAPS – The Consultation and Advocacy Promotion Service**

**5 Cadzow Place, Edinburgh, EH7 5SN**

**0131 538 7177**

**[www.capsadvocacy.org](http://www.capsadvocacy.org)**

**[naomi@capsadvocacy.org](mailto:naomi@capsadvocacy.org)**

## Much More Than A LABEL

# Resource Overview

## Why is there a Resource?

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The resource has been developed to promote better understanding and support for people with experience of personality disorder diagnosis.

The hope is that the resource can be used in a variety of ways:

- ◆ As a basis for finding out more about personality disorder and what people who have experience of this diagnosis find helpful and unhelpful
- ◆ As a starting point for discussion and reflection amongst staff with an interest in this area
- ◆ As a collaborative tool between service users and workers to discuss their experiences and views and promote a better working relationship

## How does the resource work?

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This resource has been designed so that people using it can pick out what is most relevant to them at the time and pick and choose what they want to look at.

The idea is not to read the resource from cover to cover (unless you want to!), but to pull out and use the section and format that is most useful to you at the time.

The contents of the resource can be used in a variety of ways, as an individual, in groups or as a training tool.

Not everyone will identify with everything in the resource, but the hope is that the topics will provide some insight into the experiences of service users who have been given a diagnosis of personality disorder and a starting point for open discussion and understanding.

## Who is the resource for?

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It is for anyone who has an interest in finding out more about personality disorder, but it is especially aimed at staff who work in this area and people who have lived experience of the diagnosis and want to be able to explain their experiences to others.

## What is the resource?

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It is a collection of information and reflective exercises about the experience of personality disorder diagnosis which has been put together through consultation with people who have personal experience of living with a personality disorder diagnosis.

The resource is written from the point of view of people with lived experience of personality disorder diagnosis and throughout the resource are direct quotes from service users.

The resource has been developed to display information in a variety of ways and to encourage discussion and reflection.

There are sections on:

- ◆ *The Experience of Living with Personality Disorder*
- ◆ *Personality Disorder Diagnosis*
- ◆ *Assumptions and Language*
- ◆ *Support and Treatment*
- ◆ *Attitudes and their Impact*
- ◆ *Living Your Life*
- ◆ *Local and General Resources*

Each section contains:

- ◆ *Section Summary Sheet*
- ◆ *Overviews of Service User Views*
- ◆ *Personal Quotes from Service Users*
- ◆ *Creative Writing or Artwork Contributed by Service Users*
- ◆ *Mind Maps and Word Clouds*
- ◆ *Space to Add Your Own Views and Experiences*
- ◆ *Discussion and Reflection Section*

## SECTION 08 : LOCAL INFORMATION

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# Section Outline

### Support in Lothian

Information about services in the following areas can be found in this section:

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## SECTION 08 : LOCAL INFORMATION

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# Support in Lothian

## Personality Disorder Support

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### Edinburgh Borderline Personality Disorder Social Group:

Social group which chats online and meets once a month for coffee or lunch.

**Contact:** [borderlinescotland@gmail.com](mailto:borderlinescotland@gmail.com)

**Website:** <http://www.edinburghbpd.btik.com/>  
<http://bit.ly/kILoDL> (yahoo groups page)

## Self Harm Support

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### Royal Edinburgh Hospital Self Harm Service:

Information and support around self-harm to improve the care, services and treatment for people who self-harm admitted to the Royal Edinburgh Hospital. This includes a support group which meets fortnightly to offer emotional and practical support to in and out patients of the hospital who self harm.

**Skin Camouflage** - includes a skin camouflage clinic developed in collaborations with the Red Cross, where you can be taught how to use specialist creams to cope with scarring or other marks.

**Contact:** Merrick Pope

**Phone:** 0131 537 6390

**Email:** [merrick.pope@nhslothian.scot.nhs.uk](mailto:merrick.pope@nhslothian.scot.nhs.uk)

## **Penumbra Edinburgh Self Harm Project:**

The project looks to provide a non-judgemental, young people friendly and user led support service to young people who self-harm in Edinburgh. It also explores the needs of family/carers and professional in contact with them. For young people aged 16 - 25.

**Address:** Norton Park  
57 Albion Road  
Edinburgh  
EH7 5QY

**Phone:** 0131 475 2569

**Email:** [edinburgh@penumbra.org.uk](mailto:edinburgh@penumbra.org.uk)

**Website:** <http://www.penumbra.org.uk/how-can-we-help/services>

## **Crisis Support**

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### **Edinburgh Crisis Centre:**

The Crisis Centre provides a free phone help line, face to face support and opportunity for resting overnight up to a maximum of seven nights. Trained staff will help you to talk about the things causing you distress and will help you to plan a way forward.

**Free Phone:** 0808 801 0414

**Email:** [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

**Website:** <http://www.edinburghcrisiscentre.org.uk/>

### **Mental Health Assessment Service:**

MHAS is an emergency mental health assessment service. It is a nurse-led service and offers emergency mental health assessments and signposting to appropriate services and support. This service can be accessed at the Royal Infirmary Edinburgh and the Royal Edinburgh Hospital.

The service is available 24 hours a day.

**Contact:** 0131 537 6000



## Midlothian Early Intervention Crisis Response Service:

Community based support for people in Midlothian who are experiencing mental health difficulties.

**Phone:** 0131 663 5533

The phone line opening hours are:

Monday to Friday 4pm - 10pm

Saturday / Sunday 10am - 4pm

## Social Care Emergency Team (SCET) - West Lothian:

SCET can be contacted in a mental health emergency, or a carer taken ill suddenly.

All telephone calls will be screened by a member of the service and work will be prioritised by the Duty Manager. Hours available:

**Monday to Thursday** 4.30pm until 2am then on standby service until 8.30am

**Friday** 3.45pm to 1am then on standby service until 8am

**Saturday/Sunday** 8am -2am, then on standby service until 8am

**Phone:** 01506 281028/9 OR 01506 777401

**Fax:** 01506 281045

**Email:** [scet@westlothian.gov.uk](mailto:scet@westlothian.gov.uk)

## Accident and Emergency Department, St John's Hospital at Howden:

Emergency mental health assessment through the Acute Care and Support Team (ACAS) can be accessed at A&E at St John's Hospital.

**Address:** Howden Road West  
Howden  
Livingston  
West Lothian  
EH54 6PP

**Phone:** 01506 523000

## **Independent Mental Health Advocacy**

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**Individual Advocacy** – gives you support to raise issues and get your views across on issues that are important to you on an individual basis.

**Collective Advocacy** – working with groups to campaign about and raise issues around mental health services.

Independent Advocacy is separate from all other services which provide health or social care.

### **CAPS – The Consultation and Advocacy Promotion Service:**

Provides collective mental health advocacy in Edinburgh, Midlothian and East Lothian and individual mental health advocacy in the community and hospital in Midlothian and East Lothian.

**Contact:** 5 Cadzow Place  
Edinburgh  
EH7 5SN

**Phone:** 0131 538 7177

**Email:** [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)

**Website:** [www.capsadvocacy.org](http://www.capsadvocacy.org)

### **Advocard:**

Provides individual mental health advocacy in Edinburgh, both in the community and hospital.

**Address:** 332 Leith Walk  
Edinburgh  
EH6 5BR

**Phone:** 0131 554 5307

**Text:** 07920 207 564

**Fax:** 0131 555 6092

**Email:** [advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk)

**Website:** [www.advocard.org.uk](http://www.advocard.org.uk)

## Royal Edinburgh Hospital Patients Council:

Provides collective advocacy for people who use or have used the Royal Edinburgh Hospital.

**Address:** Royal Edinburgh Hospital  
Patients' Council  
Morningside Terrace  
Edinburgh  
EH10 5HF

**Phone:** 0131 537 6462  
0131 537 6409

**Email:** [info@patientscouncilreh.org.uk](mailto:info@patientscouncilreh.org.uk)

**Website:** [www.patientscouncilreh.org.uk](http://www.patientscouncilreh.org.uk)

## Mental Health Advocacy Project:

Provides individual and collective mental health advocacy in West Lothian.

**Phone:** 01506 857 230

**Website:** [www.mhap.co.uk](http://www.mhap.co.uk)

## Support for Carers

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### Edinburgh Carers Council:

We provide carers with information with information about all aspects of mental health care and services and support for them as carers. In addition, we ensure that the views and needs of carers are included at all stages of the planning, development and implementation of mental health services in Edinburgh.

Support includes a personality disorder carers group and a six weekly self harm information drop-in.

**Address:** The Canon Mill, 1-3 Canon Street  
Edinburgh, EH3 5HE

**Phone:** 0131 270 6087  
0131 270 6089

**Email:** [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)

**Website:** [www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)

## **Support for Survivors of Abuse**

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### **Health in Mind Services:**

Offers a range of services for survivors of sexual abuse.

**Address:** health in mind  
40 Shandwick Place  
Edinburgh EH2 4RT

**Phone:** 0131 225 8508

**Website:** [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

### **Counselling for Survivors of Childhood Sexual Abuse:**

The health in mind counselling for adult survivors of childhood sexual abuse offers free, skilled counselling to people experiencing the on-going effects of childhood sexual abuse.

**Phone:** 0131 225 8508

**Email:** [beyond-trauma@health-in-mind.org.uk](mailto:beyond-trauma@health-in-mind.org.uk)

### **The Beyond Trauma - Groupwork Service:**

Offers recovery-based programmes for adult survivors (men & women) of childhood sexual abuse.

The programmes will provide members with a structure and routine to their day and an opportunity for social contact. The programme is modelled on a 'person-centred' approach, where the individual retain control over their own journey and their own recovery.

### **Pathway:**

Pathway is a project offering support to women and men in the Edinburgh area who are 16 years and over, and are survivors of childhood sexual abuse.

We are a free service which offers support for up to 2 years. We take referrals from individuals, social services or other voluntary organisations.

We offer both one-to-one and group support to help with any issue that you feel is important to you.

**Oasis:**

Oasis is a project for women from the south Edinburgh area who have mental health difficulties and/or who are survivors of childhood sexual abuse.

In a safe and friendly environment, Oasis workers provide a free and confidential service. The service includes practical and emotional support in therapeutic group settings as well as on a one-to-one basis, access to information and resources, an activity group, "the new me" confidence building course and a drop-in.

**Trauma Services East Lothian:**

One-to-one support, group activities/learning programme and counselling for men in East Lothian who have experienced sexual abuse.

**Other Services**

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**Skylight - Barnardos:**

Skylight offers individual and group counselling for children and young people who have been abused, as well as offering support to their parents or carers.

**Address:** 27 Ocean Drive  
Edinburgh, EH6 6JL

**Phone:** 0131 561 1464

**Email:** [skylight@barnardos.co.uk](mailto:skylight@barnardos.co.uk)

**Website:** <http://www.barnardos.org.uk/skylight.htm>

**East Lothian Sexual Abuse Service (ELSAS):**

Free confidential support and information for women and girls in East Lothian affected by sexual abuse.

**Appointments  
and information:** 07800 604 164

**EWRASAC Helpline:** 0131 556 9437  
[elsas@ewrasac.org.uk](mailto:elsas@ewrasac.org.uk)

**Website:** <http://bit.ly/ELSAS>

## **Survivarts Project, West Lothian Council:**

Survivarts aims to provide adult survivors of abuse with regular arts activity to improve their general wellbeing and provide access to support and information if required.

**Address:** West Lothian Council Arts Services  
Howden Park Centre  
EH54 6AE

**Phone:** 01506 773870

**Email:** [survivarts@westlothian.gov.uk](mailto:survivarts@westlothian.gov.uk)

## **Edinburgh Women's Rape and Sexual Abuse Centre:**

We offer free and confidential emotional and practical support, information and advocacy, to women, girls aged 12 and over and all members of the transgender community, who have experienced sexual violence at any time in their lives.

**Address:** PO Box 120  
Brunswick Road  
Edinburgh EH7 5WX

**Phone:** 0131 556 9437

**Email:** [support@ewrasac.org.uk](mailto:support@ewrasac.org.uk)

**Website:** <http://www.ewrasac.org.uk/>

## **Saheliya:**

Free counselling, befriending, complementary therapies and support for BME women and girls aged 12 and over in Edinburgh, with mental health difficulties and/or have experienced sexual abuse. Urdu, Cantonese, Punjabi, Bengali, Arabic and Singhalese speakers. Young Saheliya offers one-to-one and group support for BME girls at high school, college or university.

**Address** 125 MacDonald Road  
Edinburgh  
EH7 4NW

**Phone:** 0131 556 9302

**Email:** [alison@saheliya.co.uk](mailto:alison@saheliya.co.uk)

**Website:** [www.saheliya.org.uk](http://www.saheliya.org.uk)

## Shakti Women's Aid:

Practical and emotional support for BME women and children who are experiencing and/or fleeing physical, emotional and/or sexual abuse from their husbands, partners and/or family members.

Provides refuge/ temporary accommodation, info and advocacy on legal rights, welfare benefits, housing, employment immigration/nationality laws, racial harassment, health, education. Children and young people's outreach service providing info, individual and group support. For boys and girls aged up to 16 (18 if at school).

**Address:** Norton Park  
57 Albion Road  
Edinburgh  
EH7 5QY

**Phone:** 0131 475 2399

**Email:** [info@shaktiyouth.co.uk](mailto:info@shaktiyouth.co.uk)

**Website:** [www.shaktiedinburgh.co.uk](http://www.shaktiedinburgh.co.uk)

## LGBT Centre Mental Health Project:

LGBT Headspace consists of courses, workshops, groups and events. It aims to promote the mental health and wellbeing of lesbian, gay, bisexual and transgender (LGBT) people, including those questioning their sexual orientation or gender identity.

If you wish to look at your thoughts, feelings and behaviours in a therapeutic setting, we can offer individual and group work - including life coaching, counselling and art therapy. We can also offer more informal one-to-one support. This may be a one-off appointment or more regular sessions where we work together on issues you identify as important.

**Address:** LGBT Health  
9 Howe Street  
Edinburgh, EH3 6TE

**Phone:** 0131 652 3282

**Helpline:** 0131 556 4049 open Wednesdays 12.30 – 7pm

**Email:** [alison@lgbthealth.org.uk](mailto:alison@lgbthealth.org.uk)

**Website:** [http://bit.ly/lgbt\\_health\\_and\\_wellbeing](http://bit.ly/lgbt_health_and_wellbeing)

## NHS Specialist Services

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### The Cullen Centre:

The Cullen Centre is an out-patient psychotherapy centre which treats eating disorders, mood disorders, anxiety disorders and some types of personality problems. We see male and female patients between 18 and 65 years of age.

**Address:** Tipperlinn House  
Tipperlinn Road  
Royal Edinburgh Hospital  
Edinburgh  
EH10 5HF

**Phone:** 0131 537 6874

**Email:** Ruth.Hosea@nhslothian.scot.nhs.uk

**Website:** <http://www.cullencentre.org.uk/Main/HomePage>

### The Rivers Centre:

The Rivers Centre offers assessment and treatment of psychological reactions to trauma including Post Traumatic Stress Disorder (PTSD), major depression and other anxiety disorders. We offer help to people aged 18 -65 who have experienced traumatic events in adult life.

**Address:** Tipperlinn House  
Tipperlinn Road  
Royal Edinburgh Hospital  
Edinburgh  
EH10 5HF

**Phone:** 0131 537 6874

**Email:** rivers.centre@lpct.scot.nhs.uk

**Website:** <http://www.riverscentre.org.uk/Main/HomePage>



## Psychotherapy Department

Offers individual and group psychotherapy.

**Address:** Royal Edinburgh Hospital  
Morningside Place  
Edinburgh  
EH10 5HF

**Phone:** 0131 537 6000

## Mental Health and Wellbeing Information

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### Information Resource Centre, 'edspace' and 'midspace':

Health in mind's relaxed and friendly Information Resource Centre is designed for anyone with an interest in information and resources related to mental health and well-being.

Trained volunteers support visitors and callers to access an extensive range of information and resources - all about mental health, well-being and how you can access support. Open to anyone or any age in Lothian.

**Address:** 40 Shandwick Place  
Edinburgh  
EH2 4RT

**Phone:** 0131 243 0106

**Email:** [information@health-in-mind.org.uk](mailto:information@health-in-mind.org.uk)

**Websites:** [www.edspace.org.uk](http://www.edspace.org.uk)  
Offers online information about mental health and wellbeing in Edinburgh.

[www.midspace.co.uk](http://www.midspace.co.uk)  
Offers online information about mental health and wellbeing in Midlothian.

### ELPsych!:

Resources about mental health and support in East Lothian.

**Website:** [www.elpsyh.org](http://www.elpsyh.org)

## **Training:**

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Training around personality disorder is provided through the NHS Lothian Mental Health and Wellbeing Training Programme.

**Website:**            [http://bit.ly/nhs\\_training](http://bit.ly/nhs_training)

User-led training has been developed as part of the Personality Disorder Project – contact CAPS directly for more information – contact details are on the inside front cover of this section.

# Notes

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**CAPS**  
independent  
advocacy  
The Consultation & Advocacy  
Promotion Service

**NHS**  
Lothian