

## What should be the future for personality disorder care?

### Provide care in line with NICE guidelines

Psychological interventions  
Short-term prescribing  
Avoiding in-patient admission

"My DBT programme is amazing ... the staff are supportive and understanding and the skills I have learnt help a lot"

### Understand the diagnosis

Ensure that staff are trained and understand the diagnosis of personality disorder

"What people need is to be told gosh that's awful, you're going through a really bad time here, let me sit with you a while"

### Involve former patients

Former patients are an under used resource and should be involved in staff training, advocacy and peer support where possible

"Having service users explaining 'I have done this', 'it was like this for me and it helped me in this way' can be really helpful"

Listening to patients and what they have to say is key to getting mental health services right

"I think lived experience roles that are paid are so important to empower people with personality disorder"

### We also recommend...



Having safe and compassionate models of care



Avoiding exclusion of patients given a diagnosis of personality disorder from services

#### Additional resources

Safer care for patients with personality disorder

Annual Report 2023: UK patient and general population data 2010-2020

NICE guidance - Borderline personality disorder: recognition and management

National Confidential Inquiry into Suicide and Safety in Mental Health