



Support & information for people living with Borderline Personality Disorder

Local Support in Suffolk

1. **Waves** - a community service for people with complex emotional needs delivered by staff at Suffolk Mind in Ipswich and Bury St Edmunds, providing a safe, supportive and empowering environment. The groups meet bi-weekly and deliver a positive programme of activities to people who are ready to work on new skills to help develop and maintain emotional wellbeing.
How to join Waves People can self-refer to Waves – there is a waiting list, contact Suffolk Mind on **0300 111 6000** or send an email to waves@suffolkmind.org.uk More information can be found on the Suffolk Mind website; www.suffolkmind.org.uk/personality-disorder-service---waves.asp
2. **Suffolk Night Owls** - This support service is open Thursday to Sunday 8pm to 2am. People first need to register with Suffolk Night Owls at www.suffolkmind.org.uk/suffolk-night-owls-telephone-support-line.asp. Support line workers have access to a support plan people write when they register setting how people wish to be supported in a crisis - call Suffolk Mind on 0300 111 6000.
3. **Survivors in Transition (SiT)** Suffolk based support for survivors of childhood sexual abuse Call **07765 052282** support@survivorsintransition.co.uk
4. **The Lighthouse** – Domestic Violence Support, groups & importantly The Freedom Programme (understanding healthy relationships) **01473 745111**

5. **Bury St Edmunds Women's Aid Centre** - Domestic Violence Support, groups and The Freedom Programme **01284 753085**
6. **Stay Alive App - Suicide Prevention App for Suffolk**; crisis support planning, contacts, emotional distress support, family carers support.
7. **Enigma** – A mentoring style peer support group following the practices from The Dialectical Behaviour Therapy Work, learning and practicing emotional regulation skills & mindfulness. Groups in Hadleigh and Stowmarket. Contact **Linda Attwood on 07866 617062.**
8. **Lift the Clouds** – Peer support group in Bury St Edmunds access via Facebook
9. **Just Talk Campaign** - Peer support group in Sudbury
www.justtalkcampaign.co.uk.
10. **Worry Tree Café** Framlingham and Leiston, contact Millie 07960 193520

Understanding Personality Disorder

1. SUF - Borderline Personality Disorder Focus Booklet - Download from www.suffolkuserforum.co.uk/newsletters/suf-january-2017-newsletter/
2. Borderline Personality Disorder BPD Factsheet by Mind
www.mind.org.uk/media/2198702/understanding-bpd-2015-online-version.pdf
3. Borderline Personality Disorder BPD Factsheet by Rethink
www.rethink.org/resources/b/borderline-personality-disorder-bpd-factsheet
4. Borderline personality disorder - NHS.UK
<https://www.nhs.uk/conditions/borderline-personality-disorder/>
5. Personality Disorders: key facts - Royal College of Psychiatrists
<https://www.rcpsych.ac.uk/.../problemsanddisorders/personalitydisordersfacts.aspx>
6. Personality Disorders - Sane
www.sane.org.uk/uploads/personality-disorders.pdf

Other Websites – helpful information and support

1. www.getselfhelp.co.uk – lots of CBT information, resources and activities to learn skills for dealing with distress, and positive steps for wellbeing
2. www.pods Positive outcomes for Dissociative Disorders – lots of resources and information including peoples stories of lived experience and recovery.
3. personalitydisorders.org.uk
4. **Training and personality Disorder awareness** – Knowledge & Understanding Framework for Personality Disorders
www.personalitydisorderkuf.org.uk/
5. **Big White wall** www.bigwhitewall.com/
6. **Living life to the Full** <https://littf.com/>

U tube - videos

1. Acceptance Commitment Therapy (ACT)– Dr Russ Harris (and others)
2. ACT mindfulness
3. Emerging Proud film – Katie Mottram – different perspective on distress, mental health and personal transformation.
4. Crazywise - different perspective on distress, mental health and personal transformation.

U tube – Very helpful guided mindfulness and meditations, recommended to SUF by service users

1. Jason Stephenson
2. Meditations with Rasa Lukosiute
3. The Mindful Movement
4. Meditation Vacation
5. Hay House meditations and affirmations
6. Deepak Chopra
7. The Honest Guys
8. Michael Sealey

Facebook groups

1. Personality Disorders Awareness Network (PDAN)
2. Lessons Learned in Life
3. themighty.com
4. Lies in Disguise – BPD & trauma Recovery
5. BPD Beautiful Borderline Personality Disorder FB Page and support group
6. One in Four Campaign
7. Daily OM – for motivation, quotes & affirmations.
8. Suffolk User Forum
9. Worry Tree Cafe

Books

- **I feel so bad I can't go on** – This book won the BMA book award for those with suicidalisation who are finding it hard to keep their head above water. The book discusses: Tips on staying alive – even when you might not want to; Suicide lasts forever –...
- **Acceptance Commitment Therapy (ACT)** Dr Russ Harris
- **The Dialectic Behaviour Therapy Skills Workbook**
- **The Chimp Paradox** by Steve Peters
- Louise Hay – **You can heal your life** and Other Titles
- Dr Susan Jeffers – **End the struggle and Dance with life** (and other titles)

Apps - Best overall resource people tell us about at the moment is; www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/ Includes: Elefriends, WRAP (wellness recovery plan); Daylio – mood diary; 5 ways to wellbeing.