

We're Mid and North East Essex Mind, the mental health charity. We believe no one should have to face a mental health problem alone. That's why **we are here for you**. Whether you're stressed, depressed or in crisis, we'll listen and give you support.

Our mission is to support and empower people experiencing an emotional or mental health condition by building on their personal hopes and aspirations. This is achieved by identifying and responding to community needs in order to deliver an effective and efficient system of community based services.

If you would like to support our work with a donation please visit mnessexmind.org/donate or contact the team at fundraising@mnessexmind.org or call **01206 764600**.

Our services

- Counselling
- Support, Time and Recovery Service
- North East Essex Crisis Café
- Mid Essex Sanctuary
- Futures in Mind
- Youthful Wellbeing Service
- Children and young people's services

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Personality Disorder Support Service

Practical support for people living in Mid Essex with a diagnosis of a Personality Disorder



 **mind**
Mid and North
East Essex

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If you need extra copies of this leaflet
please call Mid and North East Essex Mind
on 01206 764600 with the leaflet title
and issue number.
Personality Disorder Issue 1.

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What is the Personality Disorder Support Service and who is it for?

“We need help with those important tasks that seem too big to navigate on our own when we are feeling overwhelmed and struggling with our mental health”

Client feedback February 2023

Our free **Personality Disorder Support Service** provides a calm, safe and supportive environment for adults (18+ Years) living within the Mid Essex area, if you have a diagnosis of a Personality Disorder, or are in the process of being diagnosed, **get in touch.**



Practical Support

Support will be through one-to-one sessions and groups. We will work with you, planning the support to meet your needs.

You can self-refer or ask another person or professional who may be supporting you to get in touch. Our team can offer help with:

- Employment/Education Support
- Benefit and finance related issues
- Housing related issues
- Meetings or appointments and phone calls

We are a short-term service with the ability to refer you to more specialist services if required.

We can also introduce you to local community groups and services and support you to attend these in the first instance.

How do I get help?

If you live in Mid Essex (Braintree, Chelmsford and Maldon districts), you can get help by completing one of our Request for Support forms. The form is available on our website or we can post/email one to you.

Once completed our team will review your request for support and then be in touch to arrange an initial meeting to discuss the support that can be offered and to gather more information if needed.

