



Sussex Partnership
NHS Foundation Trust

How we can help and support you: A Guide for Complex Emotional Difficulties (Personality Disorders)

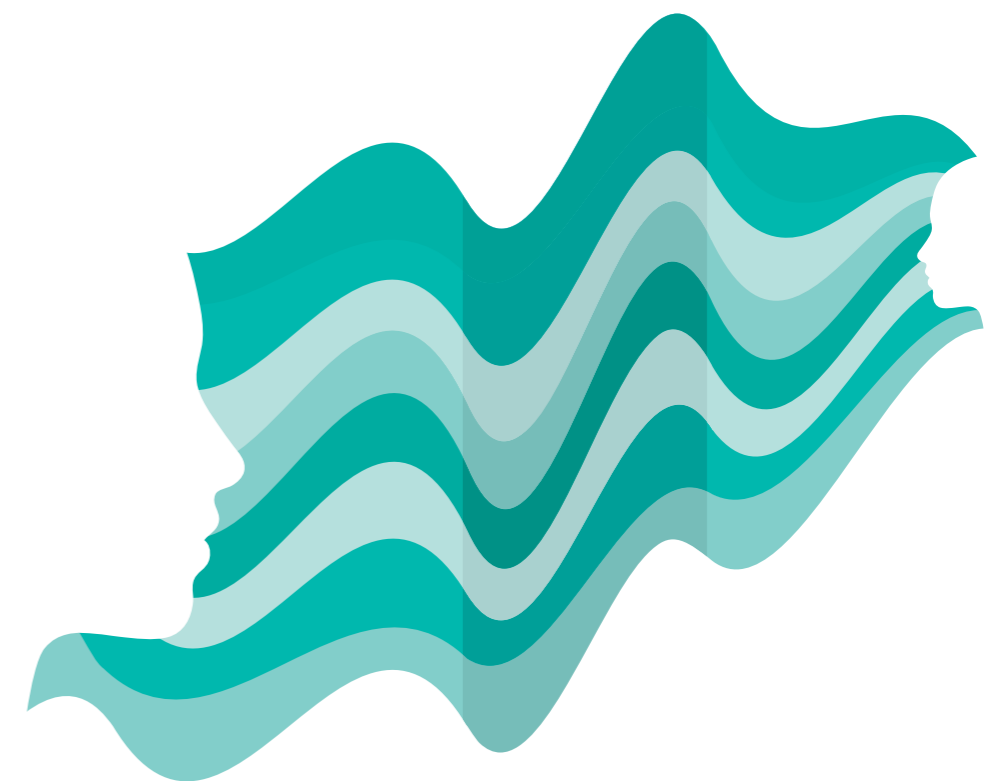
Complex Emotional Difficulties Clinical Academic Group (cedCAG)

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@SPFTCAGs

Complex Emotional Difficulties (Personality Disorders) Clinical Academic Group



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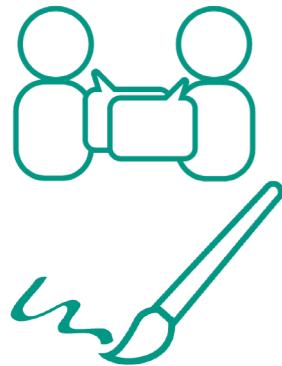
Complex Emotional Difficulties Clinical Academic Group (cedCAG)

This is a brief summary of how we can help and support you if you are an adult experiencing complex emotional difficulties. We usually provide the following support and treatments. We will ask you what would help you most.



Daily Life

We will aim to offer information, support around education, work, coping with day to day life, social needs and housing needs. We will also provide opportunities to develop emotional and behavior management skills via 'STEPPS' or other cognitive behavioural therapy (CBT)- type interventions.



Psychological Therapies

In addition to developing your skills, we provide a range of evidence-based treatments to help with resolving issues so that you can change your life for the better. These include talking therapies and art therapy.



Physical Health Care

We will provide advice and support alongside your GP on how to improve your physical health. We will work with you to reduce your use of prescribed medication. We will also provide support to increase exercise, stop smoking and eating healthily.



Self-management

We support you to develop and maintain relationships with others. We will help access support from others with similar difficulties, which may include recovery college courses.



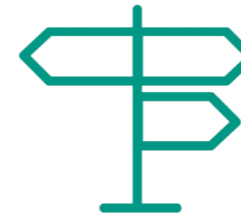
Friends and Family

We will involve your family, friends, carers and others where appropriate. We will work towards finding ways they can support you.



Medication Treatment

The evidence base shows that medication is not the main treatment for individuals with these difficulties, but it can have a place in your care. We aim to work collaboratively with you to develop and deliver an integrated and joined up care package.



Treatment for other difficulties

If you have other main problems, such as substance misuse or eating disorders, we will work with other teams and you to help you manage and/or overcome these difficulties.

More information

For more information, please go to: www.sussexpartnership.nhs.uk/CAGS. This provides our Menu of Care and Interventions for Complex Emotional Difficulties (Personality Disorders) of which this document is a summary. It also provides links to the guidelines produced by the National Institute for Health and Care Excellence (NICE).

If you require this document in another format such as large print, audio and other community language please contact the Clinical Academic Groups at: cags@sussexpartnership.nhs.uk