



Health and  
Social Care

A white outline map of Ireland is centered on the page. The text 'Regional Care Pathway for Personality Disorders' is overlaid on the map in a white, sans-serif font.

Regional Care  
Pathway for  
Personality Disorders

**Personality Disorders: A Diagnosis for Inclusion  
Information for General Practice**

**Promoting Hope, Opportunity and Personal Control**

[www.hscboard.hscni.net/our-work/social-care-and-children/mental-health/](http://www.hscboard.hscni.net/our-work/social-care-and-children/mental-health/)

People with personality disorder, because of their presentation, often struggle to get the most out of health and social care treatments and interventions.

Your local Health and Social Care Trust Personality Disorder Service can offer specific consultation and advice if you are treating someone with a personality disorder.

In addition to mainstream mental health services, Health and Social Care Trusts provide specialist therapies for adults who are experiencing extreme emotional dysregulation resulting in recurrent suicidal behaviour and self-injury typical in some personality disorders.

## **Main Indicators of Personality Disorder**

Personality disorders are conditions in which an individual differs significantly from an average person, in terms of how they think, perceive, feel or relate to others. Changes in how a person feels and distorted beliefs about other people can lead to odd behaviour, which can be distressing and may upset others.

## Common features include:

- being overwhelmed by negative feelings such as distress, anxiety, worthlessness or anger
- avoiding other people and feeling empty and emotionally disconnected
- difficulty managing negative feelings without self-harming (for example, abusing drugs and alcohol, or taking overdoses) or, in rare cases, threatening other people
- displaying certain behaviours when distressed that others could perceive as strange
- difficulty maintaining stable and close relationships, especially with partners, children and professional carers
- sometimes, periods of losing contact with reality

Symptoms typically get worse with stress. People with personality disorders often experience other mental health problems, especially depression and substance misuse.

*Source: [www.nhs.uk/conditions/personality-disorder](http://www.nhs.uk/conditions/personality-disorder)*

## Making a Referral

GP referrals should be made through normal adult mental health referral routes.

## Further Training

The Clinical Education Centre and some Health and Social Care Trusts provide Knowledge and Understanding Framework (KUF) training for health and social care practitioners to support skilled working with people with personality disorders.

## Information about Personality Disorders

- **Northern Ireland Regional Care Pathway for Personality Disorders**  
[www.hscboard.hscni.net/our-work/social-care-and-children/mental-health](http://www.hscboard.hscni.net/our-work/social-care-and-children/mental-health)
- **NHS Choices Information on Personality Disorders**  
[www.nhs.uk/conditions/Personality-disorder](http://www.nhs.uk/conditions/Personality-disorder)
- **Understanding Personality Disorders**  
<http://www.mind.org.uk/information-support/types-of-mental-health-problems/>
- **Royal College of Psychiatrists, Personality Disorders**  
[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

## Support for Friends and Family Members

Contact CAUSE if you are supporting a family member or friend with personality based issues to get support for yourself:

- [www.cause.org.uk/for-carers/information-about-mental-illness](http://www.cause.org.uk/for-carers/information-about-mental-illness)