SELF-MANAGEMENT RESOURCES

This section includes materials which individuals living with a personality disorder, members of their social networks and clinicians have found useful. Included is information on how to access self-management resources, educational material, self-monitoring and self-help tools. There are also some clinician-orientated self-management links. Example resources are included here for information purposes only and many useful resources will not be listed here. While every attempt has been made to ensure the quality of these materials, NHS Highland cannot endorse any specific resources. If you have any specific queries or concerns regarding these materials, please discuss them with your care team.

<table>
<thead>
<tr>
<th>PRINTABLE FACTSHEETS AND LEAFLETS</th>
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</table>
| **Understanding Personality Disorders** (MIND)  
| **Personality Disorder Leaflet** (The Royal College of Psychiatrists)  
http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/personalitydisorder.aspx |
| **Talking about Personality Disorders** (Health Scotland)  
| **Factsheet on Borderline Personality Disorder** (Rethink)  
http://www.rethink.org/resources/b/borderline-personality-disorder-bpd-factsheet |
| **Various personality disorder related leaflets and downloads** (BPD World)  
http://www.bpdworld.org/leaflets-downloads.html |

<table>
<thead>
<tr>
<th>BOOKS</th>
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</thead>
<tbody>
<tr>
<td>Fruzzetti A (2006) <strong>The High-Conflict Couple.</strong> New Harbinger Publications. <em>(A self-help guide to finding peace, intimacy and validation for highly emotionally reactive couples, based on the principles of dialectical behaviour therapy)</em></td>
</tr>
<tr>
<td>Mckay M et al. (2007) <strong>The Dialectical Behaviour Therapy Skills Workbook.</strong> Routledge. <em>(A self-help introduction to the skills component of dialectical behaviour therapy)</em></td>
</tr>
<tr>
<td>Manning S (2011) <strong>Loving Someone with Borderline Personality Disorder.</strong> Guildford</td>
</tr>
</tbody>
</table>
Press. *(A self-help guide for managing relationships with people with borderline personality disorder based on the principles of dialectical behaviour therapy)*


### GENERAL HEALTH AND WELL-BEING ONLINE RESOURCES
*(INFORMATION, SELF-HELP AND SELF-MANAGEMENT RESOURCES)*

<table>
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<tr>
<td>FOOD (recommendations for a healthy diet):</td>
<td><a href="http://www.foodstandards.gov.scot/nutrition-healthy-eating">www.foodstandards.gov.scot/nutrition-healthy-eating</a></td>
</tr>
<tr>
<td>ALCOHOL (information about alcohol including recommended limits):</td>
<td><a href="http://www.drinkaware.co.uk/check-the-facts">http://www.drinkaware.co.uk/check-the-facts</a></td>
</tr>
<tr>
<td>DRUGS (information about drugs):</td>
<td><a href="http://www.talktofrank.com/">http://www.talktofrank.com/</a></td>
</tr>
<tr>
<td>GENERAL HEALTH (information on health: NHS Choices)</td>
<td><a href="http://www.nhs.uk">www.nhs.uk</a></td>
</tr>
</tbody>
</table>

### MENTAL HEALTH AND WELL-BEING ONLINE RESOURCES
*(INFORMATION, SELF-HELP AND SELF-MANAGEMENT RESOURCES)*

| Action for Happiness: | The Happiness Challenge Work Book, a website aimed at increasing happiness. www.actionforhappiness.org |
| ALISS: | lists availability of local self-management resources. www.aliss.org |
| Beating The Blues: | CBT self-help website. www.beatingtheblues.co.uk |
| BPD Recovery: | focuses on recovering from Borderline Personality Disorder using tools that are predominantly CBT-orientated. www.bpdrecovery.com |
| BPD World: | information, leaflets, worksheets, treatments, downloads and forum. www.bpdworld.org |
| Get Self-Help: | CBT-based self help and therapist resources. www.getselfhelp.co.uk |
**GET.gg:** CBT-based self-help resources  
[www.get.gg](http://www.get.gg)

**Healing from BPD:** service user run website with information and resources on borderline personality disorder  
[www.healingfrombpd.org](http://www.healingfrombpd.org)

**Healthy Highland Libraries:** identifies local self-management resources and hosts online self-management material.  
[https://www.highlifehighland.com/community/healthy-highland-libraries/](https://www.highlifehighland.com/community/healthy-highland-libraries/)

**‘Let’s Get On with it Together’ (LGOWIT):** aims to promote self-management of long term health conditions.  
[www.lgowit.org.uk](http://www.lgowit.org.uk)

**Living life to the full:** CBT self-help website.  
[www.llttf.com](http://www.llttf.com)

**Mental Health Recovery:** recovery focused website with information on Wellness Recovery Action Planning (WRAP).  
[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

**Mind:** comprehensive online resource for service users and carers.  
[www.mind.org.uk](http://www.mind.org.uk)

**My Condition, My Terms, My Life:** The Alliance National Self-Management Campaign website.  
[www.myconditionmylife.org](http://www.myconditionmylife.org)

**National Self-harm Network:** self-management for self-harm.  
[www.nshn.co.uk](http://www.nshn.co.uk)

**Out of the Fog:** an online support forum for family members and friends of people who have been given a diagnosis of personality disorder. The website has also has a ‘toolbox’ & information.  
[www.outofthefog.net](http://www.outofthefog.net)

**The Royal College of Psychiatrists:** mental health information resource.  
[www.rcpsych.ac.uk/info](http://www.rcpsych.ac.uk/info)

**Rethink Mental Illness:** comprehensive online resource for service users and carers.  
[www.rethink.org](http://www.rethink.org)

**Scottish Personality Disorder Network:** network of professionals, patients and other people with an interest in personality disorder and its treatment.  
[www.scottishpersonalitydisorder.org](http://www.scottishpersonalitydisorder.org)

**Scottish Recovery Network:** recovery focused website.  
[www.scottishrecovery.net](http://www.scottishrecovery.net)

**Self-management Network Scotland:** self-management hub website.  

**The Site:** information about mental health and other topics for young people  
[www.thesite.org/mentalhealth](http://www.thesite.org/mentalhealth)
**APPs**

**FREE APPS**

**T2 Mood Tracker.** This app is designed to help you track your emotional experience over time and to provide you with a tool to share this information with your health care provider.

**Conscious.** This app aims to increase mindfulness through simple and effective daily challenges.

**DBT112.** This app summarises DBT skills and has a diary card function.

**Self-help anxiety management (SAM).** SAM is an application to help you understand and manage anxiety.

**APPs FOR PURCHASE**

**WRAP - Wellness Recovery Action Plan.** This app involves listing your personal resources and using these resources to develop Action Plans to use in specific situations which are determined by the user.

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**USEFUL RESOURCES FOR CLINICIANS**

‘Let’s Get On with it Together’ (LGOWIT) aims to promote self-management of long term health conditions.

[www.lgowit.org.uk](http://www.lgowit.org.uk)

Training to develop skills in self-management.

[https://portal.livingitup.org.uk/article/ten-minutes-lgowit](https://portal.livingitup.org.uk/article/ten-minutes-lgowit)

**NES CPD:** access further self-management related continuing professional development online at:


**Primary Care Resources for Self-Management Support (PCRS Tool) online at:**

[http://improveselfmanagement.org/](http://improveselfmanagement.org/)

**Scottish Personality Disorder Network** meets 3 times in a year in different locations around Scotland. Clinicians, patients and others with an interest in personality disorder and its treatment can attend.

[www.scottishpersonalitydisorder.org](http://www.scottishpersonalitydisorder.org)

**WRAP training workshops** are run by the Scottish Recovery Network

[www.scottishrecovery.net](http://www.scottishrecovery.net)

or contact: John Moody (Network Officer)

Scottish Recovery Network

Suite 320-321
SERVICES SUPPORTING SELF-MANAGEMENT

Living it up (Self-Management Alliance Scotland): self-management hub
https://portal.livingitup.org.uk
highland@livingitup.org.uk
TELEPHONE: 01369 708 358

High Life Highland: develops and promotes opportunities in culture, learning, sport, leisure, health and wellbeing.
https://www.highlifehighland.com

VOCATIONAL SUPPORT SERVICES

Vocational Support Team (NHS Highland)
Rowans 1,
New Craigs,
Leachkin Road,
Inverness.
IV3 8NP
Tel: 01463 253 635
Email: nhshighland.vocationsupport@nhs.net

Vocational Support Team (NHS Highland)
The Bungalow,
Dunbar Hospital,
Thurso.
KW14 7XE
Tel: 01408 634 274
Email: heather.jappy@nhs.net

The Shirlie Project: supporting people into employment
40 Longman Drive
Inverness
IV1 1SU
Tel: 01463 716179
www.shirlie.co.uk

Signpost: volunteering opportunities
5/7 Tomnahurich Street
Inverness
IV3 5DA
01463 711393
http://www.signpost-inc.org
# PRACTICAL AND EMOTIONAL SUPPORT SERVICES

**Advocacy Highland:** Advocacy Highland is an independent voluntary organisation providing free and confidential advocacy support.
2 Seafield House,
Seafield Road
Inverness
IV1 1SG
[www.advocacy-highland.org.uk](http://www.advocacy-highland.org.uk)

**Befrienders Highland.** A small voluntary organisation working to improve the lives of people who are lonely and isolated and have experience of mental ill health
[www.befriendershighland.org.uk](http://www.befriendershighland.org.uk)

**Elefriends:** supportive online community for people with mental health problems
[https://www.elefriends.org.uk/](https://www.elefriends.org.uk/)

**Emergence:** Emergence is a service user-led organisation supporting all people affected by personality disorder including service users, carers, family and friends and professionals.
[www.emergenceplus.org.uk](http://www.emergenceplus.org.uk)

**Family lives:** family and parenting support and advice
TELEPHONE: 0808 8002222
[www.familylives.org.uk](http://www.familylives.org.uk)

**Out of the Fog:** an online support forum for family members and friends of people who have been given a diagnosis of personality disorder. The website has also has a ‘toolbox’ & information.
[www.outofthefog.net](http://www.outofthefog.net)

**Spirit Advocacy:** HUG Spirit Advocacy is a collective advocacy group, which represents the interests of users of mental health services across the Highlands
HUG Spirit Advocacy
Cromwell Villa
23 Lotland Street
Inverness
IV1 1ST
Telephone: 01463 719 366
[www.hug.uk.net](http://www.hug.uk.net)