



Complex Trauma and Personality Disorder Help

Living with long-term effects of trauma and personality disorder requires a multi-dimensional approach as there are different causes and areas for intervention. The community can often provide good options alongside the limited traditional medical and psychological approach of the mental health professionals. This guide intends to compliment people's journey.

Some of the self-help tools can bring changes and emotions that can be challenging. You can expect these to be temporary, similar to those undergoing therapy. It's advised you are aware so you can plan for distress and keep yourself safe. In that case please pay attention to the crisis services listed below.

Self Help

Information about the Disorders:

MIND organisation: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/complex-ptsd/>

MHIS information: <https://services.nhslothian.scot/mentalhealthinformationstation/wp-content/uploads/sites/102/2022/12/An-Understanding-of-Complex-PTSD-Personality-Disorder-and-Self-Harm.pdf>

Youtube video: <https://youtu.be/oe11chDqbBo?si=FeP8BQpViQ-07do8>

Self help interventions:

NHS Digital Free Programmes 'Sleepio' (for sleep), 'Daylight' (for anxiety) and Silvercloud (for general mental wellbeing):

<https://www.nhsinform.scot/healthy-living/mental-wellbeing/get-help-with-your-mental-health/>

Therapy Websites:

<https://wellbeing.glasgow.org.uk;>

DBT Self Help <https://dbtselfhelp.com;>

Mental Wellbeing <https://www.nhsinform.scot/healthy-living/mental-wellbeing/>

Edinburgh Adult Education Courses: Outlook

<https://www.edinburgh.gov.uk/adult-learning/learning-users-mental-health-services>

Mindfulness, Meditation, Exercise Programmes:

<https://adulteducationedinburgh.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>

Connect Here Community Resources: Directory of services

<https://www.edinburghhsc.scot/connecthere/>

Volunteering:

Volunteer Edinburgh: [https://www.volunteeredinburgh.org.uk/;](https://www.volunteeredinburgh.org.uk/)

Health in Mind: [https://health-in-mind.org.uk/support-our-work/volunteering/;](https://health-in-mind.org.uk/support-our-work/volunteering/)

I Thrive: <https://ithriveedinburgh.org.uk/?s=volunteering>

APPS specific for distress:

Stay Alive [https://www.stayalive.app/;](https://www.stayalive.app/)

Calm Harm [**DBT Coach** <https://play.google.com/store/apps/details?id=co.swasth.dbtcoach&pli=1;>](https://calmharm.co.uk/;</p></div><div data-bbox=)

Helpful Services

Thrive Welcome Teams (short-term support) <https://ithriveedinburgh.org.uk/thrive-welcome-teams/>

Mental Health Assessment Team (in acute crisis) via A&E or 111

The Edinburgh Crisis Centre <https://edinburghcrisiscentre.org.uk/>

Edinburgh Crisis Guide: Links to many useful community organisations from abuse to food pantries
<https://www.edinburghhsc.scot/wp-content/uploads/2023/11/Crisis-Guide-October-2023.pdf>

Edinburgh Self-harm Project

<https://ithriveedinburgh.org.uk/services/edinburgh-self-harm-project-penumbra/>

Health in Mind Trauma Support Services (1 year telephone support for people abused in childhood)

<https://ithriveedinburgh.org.uk/services/trauma-counselling-line-scotland-health-in-mind/>

Peer Support (from people with lived experience): Andy's Man Club <https://andysmanclub.co.uk/>;

The Thistle Foundation (for people with long-term conditions) <https://www.thistle.org.uk/>

Anxiety and Depression Support Group

<https://ithriveedinburgh.org.uk/services/anxiety-and-depression-peer-support-group/>;

Living Warriors

<https://ithriveedinburgh.org.uk/services/living-warriors-project/>;

WISHES womens' support group

<https://ithriveedinburgh.org.uk/services/wishes-women-in-self-help-and-emotional-support-womens-group/>

Helplines (too many to mention)

CALM for men <https://www.thecalmzone.net/>;

SAMARITANS phone 116 123;

SANELINE 0300 304 7000;

SHOUT TEXT 85258;

Papyrus (prevention of young suicide) <https://www.papyrus-uk.org/>

Forces Trauma Local:

Veterans First Point <https://www.veteransfirstpoint.org.uk/drop-center/lothian>

Combat Stress <https://combatstress.org.uk/>

Advocacy (campaigning for rights) CAPS Borderline Personality Project

<https://capsadvocacy.org/?s=more+than+just+a+label>

Substance Misuse Help in Edinburgh

<https://www.edinburghadp.co.uk/information-advice-support/about-professionally-run-services/find-a-service/>

Local Health Projects (providing group and individual support)

Change Mental Health Stafford Centre

https://changemh.org/support_areas/edinburgh/

Grassmarket Project

<https://grassmarket.org/>

The Health Agency Wester Hailes

<https://thehealthagency.org.uk/>

Health All Round (Gorgie/ Dalry)

<http://www.healthallround.org.uk/>

Pilton Community Health Project

<https://pchp.org.uk/>

Refugee and Asylum Seekers <https://scottishrefugeecouncil.org.uk/>

NHS Services via GP (Services are limited and there is often a wait) Psychologist (includes group work and individual trauma work); Psychiatrists and Community Mental Health Teams (severe and enduring cases) Rivers Trauma Centre (group work) and Thrive Welcome Teams (NHS and non-NHS staff).

Social Work (for enduring cases) longer-term support and funding 0131 200 2324