

CAUSE facilitates two groups for carers of a loved one with Personality Disorder.

Carers Support Group

Provides carers with:

- Emotional support and a chance to speak freely about their personal experiences of caring.
- The opportunity to connect with other carers who have similar experiences of caring.

Carers Focus Group

Gives carers the chance to:

- Share their views from their experience of caring on how to improve services.
- Outline the type of training and information carers for personality disorder need to cope with caring.
- Highlight issues affecting carers.

Our mission:
CAUSE provides practical and emotional support to empower families, partners and friends caring for a loved one who has experienced serious mental illness.



CAUSE (NI) Ltd is registered in Northern Ireland as a company limited by guarantee no. NI029469 and is accepted as a charity by HM Revenue and Customs, no. XR 18225.

Are you caring for a friend, relative or partner with Personality Disorder?



**CAUSE Carer Advocates
for Personality Disorder
are here to support you.**

Who is our service for?

Anyone who cares for a relative, partner or friend with complex emotional needs. Your relative or friend does not have to have a formal diagnosis of Personality Disorder to access the service*. Your friend or relative does not have to be receiving treatment.

What is Personality Disorder?

Most people have some patterns of thinking, feeling and behaving that cause difficulties for them in relationships, behaviour and mood. People with a personality disorder have extreme difficulties of this sort.

Common features can be:

- Lacking trust
- Low mood/mood swings
- Feeling stuck
- Feeling alienated/ashamed
- Not knowing who you are
- Isolation
- Feeling suicidal
- Striving for perfection
- Needing support and reassurance.

CAUSE offers:

- One-to-one support with our Carer Advocate for Personality Disorder
- Helpline support for carers.
- Group support for carers.

*Please note this is a Belfast Health and Social Care Trust Service

What could a Carer Advocate for Personality Disorder do for me?

Many carers will require information and support to help them in their caring role, and also to recognise and take care of their own needs.

CAUSE Carer Advocates for Personality Disorder are empathetic individuals and experienced carers employed to assist other carers in the following ways:

- Offer a listening ear on an one-to-one basis and enable carers to talk in confidence about their concerns and any issues that arise for them.
- Provide information about services and Support group and Focus Groups for Personality Disorder that will help carers with their needs and concerns.
- Assist carers in identifying programmes and other services that can empower them and help them deal with their situation.
- Support carers in their relationship with the cared for person.
- Encourage their involvement in treatment and care plans with health and social care professionals or other services.
- Inform carers of their rights and keep up-to-date with information on the development of mental health services or policies relevant to them.

How to contact us:

CAUSE Head Office

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HELPLINE: 0845 6030 291

Monday, Wednesday and Friday 10.00am - 4.00pm
Tuesday and Thursday 12 noon - 8.00pm