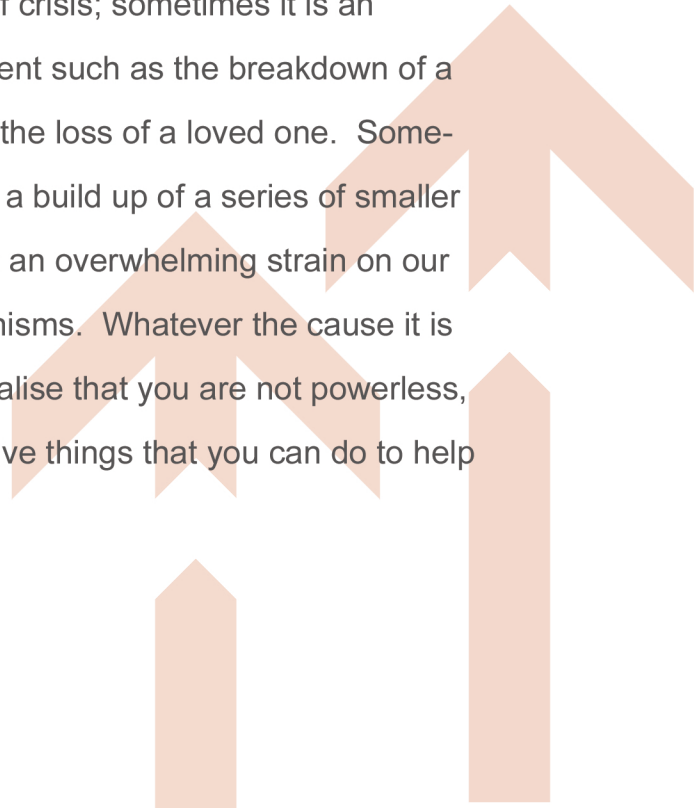




Crisis

Normal daily life is becoming more and more stressful as indicated by the increase in depressive illnesses and stress related illness over recent years. Even happy life events such as going on holiday attach a certain level of stress. Accordingly, it is not uncommon for people with mental health difficulties to experience periods of crisis; sometimes it is an adverse life event such as the breakdown of a relationship or the loss of a loved one. Sometimes it can be a build up of a series of smaller events that put an overwhelming strain on our coping mechanisms. Whatever the cause it is important to realise that you are not powerless, there are positive things that you can do to help



BPDWORLD



Where to find us

Visit our website www.bpdworld.org for information, advice and support

Helpline: 0870 005 3273
Talk to an understanding volunteer

Info line: 0870 005 6787

Contact addresses and for the pen pal service:

BPDWORLD
22 Revenue Chambers
St Peters Street
Huddersfield
HD1 1DL

Registered Charity Number:
1111750

Crisis

WWW.BPDWORLD.ORG

BPDWORLD

Providing Information, Advice & Support to those affected by Personality Disorder

0870 005 6787





Coping Mechanisms

We all have ways of dealing with the stresses and strains of daily life that often work quite well for us most of the time. It is also known that a certain amount of stress is actually good for us and without it we would be lacking in motivation. However, when our stress levels increase dramatically often our response is an inability to cope. We tend to feel a sense of helplessness and / or hopelessness and our problems seem unmanageable. At times like this it can be useful to have something to remind us of positive steps that we can take to try and regain control.



Ten Steps to Coping

1. Keep a diary of your moods and medication
2. Have a bath in candlelight and just lie there, chill and clear your mind
3. Call a friend and have a chat
4. Don't like to chill? Then keep busy, make a start on long neglected tasks
5. Revisit a hobby, maybe you used to love to paint or write
6. Write a letter or an email to someone
7. Go out with friends, have a laugh, see what life really has to offer. Maybe stay with one of them or a family member at particularly hard times
8. Do something active, go for a walk or run. If it's late or you don't want to go out, run up and down the stairs or dance around the house
9. Play a game or something to cheer yourself up (look at the fun pages on the website)
10. Treat yourself to something and make yourself feel special as you are!

Where to Find More Information

National Help Lines

BPDWORLD Helpline / Crisis Line
0870 005 3273

Samaritans
0845 790 9090

Eating Disorders Association
0845 634 144

National Drugs Helpline
0800 776 600

Drinkline
0800 917 8282

Calm Line (for men feeling suicidal)
0800 58 58 58

NHS Direct
0845 46 47

BPDWORLD offers a national telephone helpline and also a crisis service is provided for over the weekend. To find out more please call us or visit: www.bpdworld.org

What To Do When Life Gets Too Much

Mental Health Team

If you have a mental health worker such as a community psychiatric nurse, therapist or similar, then get in touch with them if you have their contact details. If you can't contact them directly, leave a message at their place of work for them to call you back.

Crisis Team

Anyone can contact their local crisis team through NHS Direct on 0845 46 47. Initially you will be assessed by one of the general call handlers who will then refer you through to a nurse. Following an assessment by the nursing staff your details should be passed on to your local crisis team who will contact you in your own home if necessary.



Emergency Duty Team

Social services offer this service.

Emergency GP

You can also call your emergency GP who will assess and arrange an out of hours appointment for you if needed.

Hospital

If you are at risk of self-harming, already have done so, or harming someone else then either go directly to your local accident and emergency department or call for an ambulance. Most admissions are voluntary but if you are regarded as a danger to yourself or others, but you don't wish to go, you may be admitted compulsory under the Mental Health Act 1983

Police

If you feel that you are an immediate risk to yourself or others but feel unable to contact the mental health services you can contact the police who will take you to a place of safety and arrange for you to have a mental health assessment