

How can I get involved?

If you would like to get involved in the Service Development Collaborative, please contact us using the details below.

You can also ask a member of staff or the healthcare professional you have been working alongside to let us know you are interested.

They will ask you to provide some contact details, so we can get in touch.

Contact us:

Opening times:

Monday to Friday, 9:00am to 5:00pm

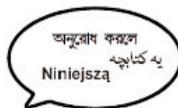
Email:

epunft.pd.cnsun@nhs.net

Patient Advice and Liaison (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on [0800 085 7935](tel:08000857935) or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



Essex Partnership University NHS Foundation Trust regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

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The NHS logo, consisting of the letters 'NHS' in a white, bold, sans-serif font inside a blue square.

Essex Partnership University
NHS Foundation Trust

SERVICE DEVELOPMENT COLLABORATIVE



**FOR THOSE LIVING WITH A
PERSONALITY DISORDER OR COMPLEX
EMOTIONAL NEEDS**

**DO YOU WANT TO MAKE A
DIFFERENCE?**

Service user involvement

We would like you to share your own lived experiences and skills to influence how our services are planned, developed, delivered and evaluated.

Do you have feedback, experiences or ideas which can be used to improve the Personality Disorder provisions across Essex? Service User Involvement has a real impact.

What can you expect from us?

Your role as a Service User Representative will be very important. We will make sure that you receive training and plenty of support in your role to help you feel safe and confident.

We recognise the value of your influence, and will pay you for the time you spend on certain projects in line with our recompense policy.

What is the Personality Disorder and Complex Needs Service Development Collaborative?

If you have a diagnosis of Personality Disorder, or have complex emotional needs (that might meet, or are within the threshold to meet, diagnostic criteria for Personality Disorder), we want to give you the opportunity to contribute to the design, development and delivery of mental health services across Essex.

Sharing your experiences will help lead to better outcomes for people using our services in the future. Some of the opportunities you'll have include:

- Taking part in the recruitment and training of staff

- Creating resources and awareness for Personality Disorders
- Co-facilitating training with the Personality Disorder and Complex Needs Team
- Attending meetings with staff, commissioners and other local service user groups
- Volunteering
- Joining project groups
- Contributing to service design
- And many more!

Why get involved?

If you are keen to help improve Personality Disorder services across Essex, joining a service development collaborative is a fantastic opportunity for you to:

- Have your voice heard
- Feel empowered
- Make a difference
- Build confidence and self-esteem
- Meet new people
- Experience something new
- Gain useful life skills
- Learn more about others' experiences of Personality Disorders

Getting involved can also have a positive impact on your own health and wellbeing. It may also open up further opportunities, including employment.

What our Service Users Have Said:

"I really enjoy contributing, feeling valued and involved."

"I've greatly benefitted from learning about my condition and the resources in my community."

"It is so important to use my experiences of Personality Disorder and of mental health services to improve things for others in the future."

"Being involved in the Service Development Collaborative is the most supported I have ever felt from the Trust, as the team I am working with really 'get' Personality Disorders."

"It makes sure our voices are heard."

