



## Q: What are the states of personality disorders in the UK?

- **Prevalence:** Personality disorders are estimated to affect a notable portion of the population. Prevalence rates can vary between different disorders within the clusters and across different studies.
- **Treatment:** Individuals with personality disorders often face challenges in accessing appropriate treatment due to the complexity of their conditions. Treatment options may include therapy (such as dialectical behaviour therapy or cognitive-behavioural therapy), medication, and support services.
- **Impact:** Personality disorders can have a significant impact on various aspects of an individual's life, including relationships, work, and overall well-being. They may also increase the risk of other mental health issues and difficulties in functioning.
- **Stigma and Awareness:** Stigma and lack of awareness about personality disorders can contribute to delays in diagnosis and treatment. Raising public awareness and reducing stigma are important steps in improving the quality of life for individuals with these conditions.

Notes:

## Who to contact about personality disorder UK:

- **NHS (National Health Service):** You can start by contacting your local GP (general practitioner) for an assessment and referral to appropriate mental health services.
- **Mind:** A mental health charity in the UK that offers information, resources, and support for individuals experiencing mental health challenges, including personality disorders.  
Website: <https://www.mind.org.uk/>  
Infoline: 0300 123 3393
- **Rethink Mental Illness:** A UK-based mental health charity that provides support for people affected by mental illness, including personality disorders.  
Website: <https://www.rethink.org/>  
Helpline: 0808 801 0707
- **SANE:** A mental health charity that offers emotional support, information, and guidance to individuals experiencing mental health difficulties, including personality disorders.  
Website: <https://www.sane.org.uk/>  
Helpline: 0300 304 7000
- **Local Mental Health Services:** You can search for the mental health services available in your area on the NHS website.
- **Online Support Groups:** There are online communities and support groups specifically dedicated to personality disorders. Remember that seeking help and support is an important step towards managing and improving mental health.

## FOR MORE INFORMATION



📞 0300 030 4412

🌐 [ConstructionSport.com](https://www.constructionsport.com)

✉️ [info@constructionsport.com](mailto:info@constructionsport.com)

# / **TOOLBOX TALK**

# **PERSONALITY DISORDER**



**CONSTRUCTION**  
**SPORT**

## Outline of this talk:

What is personality disorder, categories and signs of it and states of it.

Where to go for help.



Notes:

## **Q: What is personality disorder and what are the signs?**

A personality disorder is a mental health condition characterised by rigid and enduring patterns of thinking, feeling and behaviour that significantly deviate from cultural expectations, causing distress or impairment in various areas of a person's life.

## **Q: What are the 3 cluster categories of PD's?**

- Cluster A: Odd or Eccentric Behaviors
- Cluster B: Dramatic, Emotional, or Erratic Behaviors
- Cluster C: Anxious or Fearful Behaviors

## **Q: What are the common signs of a Personality Disorder?**

- Persistent patterns of behaviour, thoughts, and emotions that cause distress or impair daily functioning.
- Difficulty forming and maintaining healthy relationships.
- Inflexibility in adapting to different situations or changing circumstances.
- Repeated conflicts with others due to behavioural or emotional issues.
- Impulsive or risky behaviour.
- Unstable or intense emotions.
- Difficulty managing anger or frustration.
- Distorted self-perception or identity.
- Lack of insight into one's behaviour and its impact on others.