

Patient information leaflet for D&G

Instructions for printing – Print on both sides of an A4 paper

EUPD Pathway: Information for you



What is the EUPD Pathway?

If you've been told you have Emotionally Unstable Personality Disorder (EUPD), this pathway can help you. **It uses something called Structured Clinical Management (SCM)**, which is a way to help you understand your feelings, learn ways to cope, and feel better over time.

With the right support, many people find that life can feel more stable and manageable. Positive change is possible, and everyone's journey moves at their own pace



What will this pathway help with?

It can help you:

- Feel more emotionally stable
- Have fewer mental health crises or hospital visits
- Cope better with daily life
- Feel less alone and more understood amongst other people



Is this pathway right for me?

It may help if you:

- have EUPD or think your difficulties might be linked to it
- want to feel more in control of your emotions and relationships
- open to talking with a SCM practitioner and joining group sessions
- ready to learn and try out new ways of coping

It doesn't matter how long you've been in mental health services to join this programme of support.



Who might it not help?

This pathway is designed to support people with EUPD, who feel ready for structured, skill – based sessions.

It may not be the best fit for people who have antisocial or narcissistic personality traits, as they may benefit from a different type of support that's tailored to their needs.

If this pathway isn't right for you, we'll help you find support that is.



What if I don't have a diagnosis yet?

That's okay. The team will:

- Talk with you about what you're experiencing
- Look at any assessments you've had
- Help decide the best support for you

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What will I be doing during the programme?

You'll work closely with a SCM practitioner who will:

- Help you make a plan for what to do in a crisis
- Talk with you about your goals, both short and long term
- Go through your diagnosis
- Help you spot problems and ways to manage them

You might be invited to join a group if it's appropriate for you.

The group will help you focus on 'your here and now' problems.

Friends and family can also take part during this time.

In the group, you'll learn about:

- How to manage your emotions
- How to solve problems
- How to manage impulsive behaviour
- How to build and keep healthy relationships

Each group lasts 1.5 hours, and you'll be part of the programme for up to 18 months.

You'll also **fill in some simple questionnaires** to help track how you're doing.



Do I need both phase 1 and 2?

Some people feel ready to move on after Phase 1 (the one-to-one work), while others continue into group sessions. **Not everyone needs group work, and you will only be invited if it's appropriate for you.**



What if I miss some sessions?

If you can't attend a session, please let us know. We'll also try to contact you.

To help you get the most out of the programme, **we encourage you to attend at least 75% of the sessions.** This will give you the best chance to understand the materials and make full use of the support available.



Some points to remember

Everyone's journey is different, so we'll support you whichever path you take. We would like you to **attend all sessions and stay committed** as this journey takes time.

For more information visit:

www.nice.org.uk/CG78

www.mind.org.uk

www.emergenceplus.org.uk



EUPD Pathway: Information for you

1. When things feel hard



Sometimes things feel intense, confusing, or out of control.

With the right support, many people find that life can feel more stable and manageable.

2. What the EUPD pathway is



If you have been told you have Emotionally Unstable Personality Disorder (EUPD) or wonder if your experiences are linked to it, you can use this pathway.

It uses something called Structured Clinical Management (SCM) - a practical way to understand feelings, learn ways to cope, and feel better over time.

3. Getting started



This pathway can help you feel less alone and more understood.

Talk to the team to see if this pathway is right for you. Sometimes another type of support might suit you better.

4. Meeting your SCM practitioner



You'll meet regularly with an SCM practitioner on one-to-one as phase 1. Together, you'll talk about what matters most to you, set goals, and make a plan for when things feel tough.

You'll learn skills to build new ways of coping.

5. Joining a group



Some people join a group in Phase 2 to learn more skills - managing emotions, solving problems, and building healthy relationships.

You'll only be invited if you and your mental health team feel it's right for you. Not everyone needs group sessions

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6. When things don't go to plan



Everyone has ups and downs. If you miss a session or find it hard to attend, let the team know. They will support you to stay involved.

7. Time and commitment



The pathway usually lasts up to 18 months and each session is about 1.5 hours.

Attending regularly helps you get the most from it – ideally around 75% of sessions. This will give you the best chance to understand the materials and make full use of the support available.

8. Involving friends or family



Sometimes, friends and family sessions can be offered to learn how best to support you. This is optional and your choice.

9. Moving forward



Over time, many people feel more stable, confident and connected. Recovery looks different for everyone.

You will fill in some simple questionnaires to help track how you're doing.

10. Towards the end



Near the end, the team will work with you to decide what's next. You will know where to go if you need support again.

Everyone's journey is different, so the team will support you whichever path you take. Stay committed as this journey takes time.

For more information visit:
www.nice.org.uk/CG78
www.mind.org.uk
www.emergenceplus.org.uk

NHS
Dumfries
& Galloway