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This is the best I have ever been.

Priory Hospital Middleton St George

Emotionally unstable personality disorder – Kerry’s story

Kerry* was in Dalton Unit for 18 months. She had been a resident at various mental health services for many years and was in need of a more specialist service, having required numerous visits to A&E due to intoxication and intense self-harm.

Having previously been managed in seclusion, her transfer to Dalton saw a gradual transition back to the communal areas, as she started her recovery journey. Dialectical behaviour therapy (DBT) was central to her treatment programme. Her level 4, arms-reach observation was gradually removed and her activity and engagement increased.

It is now over a year since Kerry self-harmed and she is now able to have unescorted community leave and conduct vocational work. She has a good relationship with her family and is in close contact with her son. She is now ready to return to the community.

Our patient tells her story...

“I used to get thoughts of self-harming on average three to four times a day. Now I don’t have thoughts about self-harming. It has been 1 year since I last self-harmed – I have just had my anniversary.

“My doctor is different from my other doctors. When they say they will be on the ward, they will be there. I got used to being let down by doctors but the team here don’t do that. I trust them and they trust me.

“I felt trapped inside before I came here and didn’t speak, but now I don’t shut up! Now, I see my future, I have a future, I am a completely different person now - I have hope.

“I use DBT to help me, like in the night if I can’t sleep. I even spoke at the hospital’s DBT staff training day to give them my experience and knowledge – everyone clapped and I felt amazing.

“In the past, I would jeopardise any move to step down because I was scared. Now I am ready and have even had budgeting and cooking support.

“I have home leave so I can see my son. My home team has known me for 19 years and they say they have never seen me like this before.”

Contact us

To contact Priory’s central team, please call **0800 090 1356** or to speak to someone at the hospital directly, please call **01325 333 192**.

For the most up to date information on our services, please visit our website.