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I now have a new lease of life, and my doctor has made me feel great.

## Priory Hospital Middleton St George

# Schizophrenia and emotionally unstable personality disorder – Mary’s story

**Mary\* was in Dalton Unit for 18 months and arrived unsettled and suffering from severe psychotic symptoms. She felt under command from the devil to kill herself and was struggling with hallucinations. She had previously had dialectical behaviour therapy (DBT) and high-dose medications, but remained treatment-resistant.**

Mary had been nursed on level 4 observations for 8 years with no break. Upon arrival, the team encouraged better engagement with treatment and aimed to improve her self-esteem. A recovery-focused approach was taken, with a focus on hope.

She was encouraged to visualise what hope meant to her, with structure, empathy, consistency and compassion central to this. Her mental state settled; she was given access to section 17 leave and her observations were removed.

She also has unescorted leave and has been visiting her sister and wider family. She no longer hears voices, no longer self-harms and has moved to level 2 with 30-minute observations on the ward.

### Our patient tells her story...

“I have been in mental health services for 17 years and used to move around services a lot. I was usually heavily

sedated and locked up. I had no freedom and no life – I wasn’t trusted to have personal belongings.

“I thought I had no future and no life, but my doctor gave me trust and hope. Getting better and being able to go out more has made me feel like I have a brighter future. There is a really friendly team here; they all have the same ethos of ‘hope’ and will give you one-to-one time when you need it.

“I have been pulled from the bottom. I was scared of living because of the voices I heard and what they wanted me to do. I have improved my relationship with my family; I have close bonds with them now, especially with my niece. I also get involved in bingo, quizzes, art work, crafts and baking...I like baking.”

## 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.