

How to get involved:

If you would like to get involved in the Service Development Collaborative get in touch. We'd love to hear from you!

Email: epunft.pd.cnsun@nhs.net

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



Please scan the QR code for more information about the SDC and how to get involved.



And select the option for mental health crisis



Patient Advice and Liaison Service

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.



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Service Development Collaborative

Bringing together people living with a personality disorder or complex emotional needs and their carers.



Nothing about us, without us.

What is the Service Development Collaborative?

The Service Development Collaborative (SDC) brings together people with a personality disorder or complex emotional needs and their carers.

We welcome those that have a diagnosis, are on their journey towards one, or are have experience of personality disorder and mental health services through supporting a loved one. Through SDC membership, you can have your say about the design, development and delivery of mental health services across Essex. **With your help, we can improve our services for people in the future.**



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



Getting involved can have a positive impact on your own health and well-being, and you're guaranteed to get a warm welcome. It may also open up further opportunities, including employment.

What can we offer you?

The SDC is formed of service users, for service users. We'll be there to support you every step of the way and joining can lead to many opportunities:

- ✓ **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**



Being involved in the Service Development Collaboration is the most supported I have ever felt from the Trust, as the team I am working with really 'get' personality disorders.



What has the Service Development Collaborative achieved so far?

- **Addressing conferences:** SDC members have addressed multiple conferences, drawing on their own lived experiences to increase awareness and understanding.
- **The Trauma Informed Waiting Room Project:** drawing on the principals of trauma informed care to transform community mental health waiting rooms, ensuring that they are a welcoming, safe space for those who access them.
- **Co-producing and co-facilitating training:** to foster awareness, understanding and compassion towards people with personality disorder or complex emotional needs among staff.

And much more...

Please scan the QR code at the back of this leaflet for more information.



It makes sure our voices are heard!

