**Treatments that can help**

**Psychologists and psychiatrists can help.** You can learn to control aspects of your emotions and behaviour which cause these problems.

Our personalities tend to stay constant over a long period of time, so the treatment will often be long-term.

The main treatments for Personality Disorder are based on talking therapies, behavioural therapies and regular contact with support services. For most people treatment is most effective a community setting. Drug treatments can also help in a small number of people.

**Medications**

It has been difficult to study the benefits of medications in Personality Disorder, which means evidence for their effects is limited. Medication may be used to manage distressing and severe symptoms in some people, usually in the short-term. They are also used to treat other mental disorders, such as depression which people with Personality Disorders may also suffer with at times. Most drug trials are based on Borderline Personality Disorder.

[**Antipsychotic drugs**](http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/antipsychoticmedication.aspx) can help if people feel paranoid, or are hearing noises and voices.

[**Antidepressants**](http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/antidepressants.aspx) can help treat depressive and anxiety disorders in people with Personality Disorders. There is some evidence to suggest they may also help with reducing aggressive, impulsive and self-harming behaviours.

[**Mood stabilisers**](http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/medicationsbipolardisorder.aspx) such as lithium, carbamazepine and sodium valproate may also reduce impulsiveness and aggression in some people.

**How to help yourself**

There are lots of things you can do to help you manage and reduce your difficulties. Some of these things may sound obvious, but they can make a big difference. For example:

* **Develop a hobby or interest**. This can help you deal with stress. Any activity or interest can help, from knitting to reading to watching football, so long it is something you enjoy doing.
* **Regular exercise.** Although this can be difficult to do in stressful times, it can be a very good stress-reliever. Any sort of exercise can help, such as a brisk walk for 30 minutes a day - whatever you feel most comfortable with.
* **Reduce alcohol use.** When we’re feeling low or stressed, alcohol can provide some temporary relief. However, more often it makes us feel even more stressed and angry. Avoid alcohol in stressful times and this can greatly reduce the chance of you coming to any harm (from other people and from yourself).
* **Avoid any illicit drugs.** Like with alcohol, drugs can seem like they help relieve stress, but in reality they make situations much more difficult to deal with, and make people much more vulnerable to developing even more negative feelings.
* **Regulate your sleep**. Irregular or lack of sleep can leave us feeling tired which makes most people vulnerable to becoming more irritable and stressed. Regular sleep can make us better prepared to face challenges which life can throw at us.
* **Engage with your mental health team.** Sticking with your treatment plan can, over time, provide a helpful routine and allow you develop better ways of coping. Seeking help from your team at times of crisis can also help you avoid coming to harm in difficult times.

Royal College of Psychiatrists