

## **Complex Needs Family and Friends Service** **Information Sheet**

Are you supporting someone who has complex emotional needs or a personality disorder? Or do you know someone who does? If so then you may want to know more about the Complex Needs Family and Friends Service.

You may be asking yourself what personality disorders or complex emotional needs are. After all someone may not have been given a diagnosis or be accessing professional support. However if they display several of the behaviours below then it is likely that someone has complex emotional needs:

- a diagnosis of personality disorder
- self-harm (cutting, burning, pulling hair etc)
- carries out criminal activity or violence towards others
- makes frequent attempts at suicide or has thoughts of suicide
- misuses alcohol or illicit or prescribed drugs
- has an eating disturbance
- ongoing symptoms of depression and/or anxiety



It is appreciated that if you support someone with such issues it can be extremely draining and that is where the Family and Friends Service can help. It is an opportunity to meet with other people in a similar situation, learn new ways of managing and relieve the sense of isolation that you may feel.

**The Family and Friends Service consists of a weekend psychoeducational course and an ongoing support group.**

The Psychoeducational Course includes topics such as managing self-harm, maintaining boundaries and understanding why people may develop complex emotional needs.

The Ongoing Fortnightly Support Group enables you to have a regular opportunity to off load and discuss ways of moving forward.

The Family and Friends Service is confidential.

**The Ongoing Support Group for Oxford currently operates at our offices at the Manzil Resource Centre Manzil Way Oxford OX4 1XE.**

**A second Family and Friends Service Ongoing Support Group was started in Banbury in September 2008 and this now takes place on alternate Mondays from 5pm to 7pm.**

The Family and Friends Service has proved extremely beneficial so far and over 100 people have participated since we initially started in early 2007.

**If you think you would like to access to either of these services please call 01865 455872.** We will make a record of your interest and pass your details on to Sara Sanders who is the lead facilitator for the Family and Friends Service.

