Experiences of Personality Disorder

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Get involved! Contact Alex
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CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation. Scottish Charity Number: SC021772

'Much More Than a Label' Collective Advocacy Project for people who may attract a diagnosis of personality disorder

CAPS

Much More Than A Label

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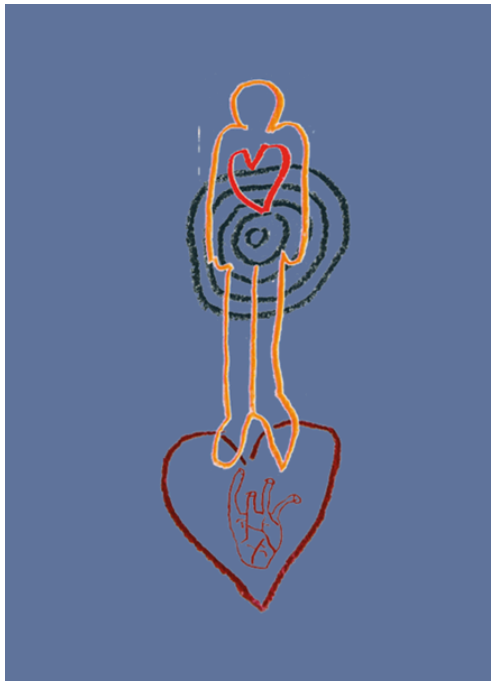
A Collective Advocacy project for people who may attract a diagnosis of personality disorder.

Who we are

We are a group of people who have experience of attracting a personality disorder diagnosis. We come together and try to make changes in the way we are treated and the services that are available. Collective Advocacy is about bringing people who have shared experiences together to make their voices louder and stronger.

Personality Disorder

People can have very different experiences of personality disorder diagnosis. Some people find it a contentious label, others have found it a helpful way to name their experience. We seek to include a wide range of perspectives and emphasise the way people understand their experience for themselves. We also recognise this can change over time.



What we do

The group decides what it wants to do—it is experience-led—and has a CAPS worker to facilitate the work.

We look for ways to have a stronger voice for people's own experience of attracting a personality disorder diagnosis.

We work to raise awareness and campaign for change.

Recently we have finished creating a booklet about personality disorders from a lived perspective. We are also currently modifying our workshop to bring in new voices.

Next, we are hoping to look at the lack of services for those with personality disorders, and to put pressure on relevant groups for appropriate services to be started or reinstated within Lothian.

Interested?
Please get in touch with us by contacting
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