
Treating Personality Disorders

Your personality is influenced by your experiences, environment, and traits you inherit. A personality disorder means a way of thinking, feeling, and behaving that is different than what a culture expects. It causes distress or problems with daily activities. And it lasts over time. For example, you may blame others for your problems. You may believe that you can't control what happens in your life. You may have trouble seeing another person's point of view. You may not be concerned at all about how others feel. These patterns of seeing the world may lead to unhappiness, anxiety, or depression.

Treatment for personality disorders

It can be challenging to diagnose and treat a personality disorder. But know that treatment is available. Therapy and medicines can help. Medicines can help depression and anxiety symptoms. They can help keep your mood stable. But talk therapy is the main treatment. Several forms of talk therapy can help you understand your personality disorder and how it relates to your current problems. It can also help you learn new ways of behaving, coping, and solving problems.

To get better, you must want to change your life and the old ways of behaving. No one can do this for you. This means changing the way you think about yourself and others. It also means changing the ways you act. With a support system such as a therapist, group support, friends, and family, it's possible to heal and learn a healthier, more fulfilling way of living.

These tips may help:

- If medicines have been prescribed, take them as directed. Don't stop taking your medicines or change the dose unless you check with your healthcare provider.
- Make an appointment and keep it if you were referred to a therapist, counselor, or psychiatrist.. Ask your primary care provider for another referral if you can't relate to the therapist. Keep searching until you find a therapist you trust.
- Tell all your healthcare providers about all the prescription and over-the-counter medicines, vitamins, and supplements you take. Certain supplements interact with medicines. They can cause dangerous side effects. You can also ask your pharmacist when you have questions about medicine interactions.

Self-care tips:

- Join a support group.
- Stay in touch with family and friends. Share information with a trusted friend or family member. Ask for their support.
- Practice relaxation methods, such as meditation or listening to soothing music.
- Don't use drugs.
- Limit or don't use alcohol.
- Get some physical activity daily.

Call or text 988

Call or text 988 if you:

- Have thoughts of suicide, a suicide plan, and the means to carry out the plan
- Have serious thoughts about hurting someone else

When you call or text 988, you will be connected to trained crisis counselors at the National Suicide Prevention Lifeline. An online chat option is also available at www.suicidepreventionlifeline.org. Lifeline is free and available 24/7.

When to call your healthcare provider

Call your healthcare provider right away if any of these occur:

- Feel extreme depression, fear, anxiety, or anger toward yourself or others
- Have relationship problems with family, friends, or coworkers that get worse
- Feel out of control
- Feel that you may try to harm yourself or another
- Can't sleep or eat for 3 days in a row
- Get requests from family or trusted friends for you to seek help

To learn more

- [National Alliance on Mental Illness at www.nami.org](http://www.nami.org) or 800-950-NAMI (800-950-6264)
- [National Suicide Prevention Lifeline at www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) or 800-273-TALK (800-273-8255)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\) at FindTreatment.gov](http://www.samhsa.gov) or 800-662-HELP (800-662-4357)
- [National Institute of Mental Health at www.nimh.nih.gov](http://www.nimh.nih.gov) or 866-615-6464