



Humber Family Connections™ Service

Supporting people
across Hull and the East Riding of
Yorkshire who support people
with emotion dysregulation.



**Caring, Learning
& Growing Together**

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Humber Family Connections™ Service

What is Family Connections™?

“Family Connections™ (FC) is a free, evidence-based, 12-session course that meets in person for 2 hours and requires 1-2 hours of homework/practice weekly. It provides education, skills training, and support for people who are supporting a sufferer of Borderline Personality Disorder (BPD)/Emotion Dysregulation (ED) or BPD/ED traits” (National Education Alliance for Borderline Personality Disorder (NEA-BPD), 2021 (see link at end of next page).

Who can access Humber FC?

You can access Humber FC if:

- You have a GP in the Hull or East Riding Clinical Commissioning Group (CCG) areas (maps available on our webpage)
- You are over 18 years of age
- You are a relative, friend, spouse or colleague of, supporter in supported living/residential care of, or in another non-professional supportive relationship with, an individual who has a diagnosis

of BPD or Emotionally Unstable Personality Disorder (EUPD), or experiences difficulties with regulating their emotions (ED).

FC is for supporters, not the individual with BPD/EUPD/ED themselves. That person does not have to be in mental health services or consent to you accessing Humber FC. If they are in mental health services, no information will be shared with them about your FC attendance.

What is BPD/EUPD/ED?

Individuals who meet the diagnostic criteria for BPD/EUPD, or exhibit dysregulated emotions, are likely to experience difficulties with some of the following, and people who support them may benefit from FC:

- Unstable, changeable, intense emotions
- Repeated anger or impulsive acting on anger
- Unstable, intense or chaotic relationships
- Repeated self-harm or suicidal behaviour or thoughts
- Making desperate efforts to avoid losing relationships
- Hearing and seeing things when stressed

- Impulsive and self-damaging behaviours like drug and alcohol abuse, dangerous sexual relationships, impulsive spending or binge eating
- Dissociating
- Feeling empty
- Not knowing who they are and what they like

How will FC help?

FC includes:

- Education on BPD/ED treatments and the latest research findings
- Relationship skills based on Dialectical Behaviour Therapy (DBT) to help support your person with BPD/ED with compassion and empathy
- Support from course leaders and other participants who also have a relationship with a person with BPD/ED
- Suggestions for taking care of yourself and managing your stress
- Effective communication techniques to promote problem collaboration and/or solving

(NEA-BPD, 2021. See link below for more information)

How is FC support delivered?

Courses are provided both virtually and in-person (in line with national guidance). Appointments are offered for a variety of dates and times to suit your schedule.

How do I get a referral?

You can self-refer by completing the online referral form on the Humber webpage below. Someone will be in touch with you within 14 days. Alternatively, you can call or email us, using the contact details on the reverse of this leaflet.

Learn more

FC follows a course structure which is devised by NEA-BPD in the United States; information on the course can be found here:

<https://www.borderlinepersonalitydisorder.org/family-connections/>

CONTACT US



<https://www.humber.nhs.uk/Services/humber-family-connections.htm>



Contact Humber FC via Tel: 01482 689156 or Email: hnf-tr.humberfamilyconnections@nhs.net



NHS Direct: 111



Emergency Services: 999

Patient Advice and Liaison Service (PALS) and Complaints

Humber Teaching NHS Foundation Trust

Trust Headquarters

Willerby Hill

Beverly Road

Willerby

HU10 6ED



01482 303930



HumberNHSFT



hnf-tr.pals@nhs.net



HumberNHSFT



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humber.nhs.uk

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