

How to refer?

If you think we can help you, please speak to your GP or mental health professional who can refer you.

If we think our service could be the right fit for your needs, you will be invited for an assessment meeting.

We will meet a number of times to understand your difficulties and decide together whether we are the right service for you.



Contact us

Deancross Personality Disorder Service
1st Floor Burdett House
Mile End Hospital
275 Bancroft Road
London
E1 4DG

Tel: 0208 121 5468

Email: elft.deancrosspds@nhs.net

Web: www.elft.nhs.uk/deancross



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.

We care . We respect . We are inclusive



East London
NHS Foundation Trust

TOWER HAMLETS

Deancross Personality Disorder Service

Information for Service Users



About us

Our service helps adults in Tower Hamlets who experience significant and long-term difficulties with:

- Intense and changing emotions
- Feelings of emptiness
- Knowing who they are
- Self-harm

These difficulties make it hard to build and keep relationships, leading to distress for themselves or their loved ones.



Who we serve

Our service is here for the whole population of Tower Hamlets. This is a diverse area and community.

People from different communities experience and understand psychological problems in different ways. That also means we seek help in a variety of ways.

Some people find psychological support and healing through their faith, their family, or community. Sometimes it is difficult to seek help at all.

As a service, we provide support through talking therapy and we want you to know that we are available for all people and all communities in Tower Hamlets, including yours.

Our aim is to provide a safe, welcoming, and private place where people can receive support.

Talking Therapy

Therapy offers a space for you to explore and understand your difficulties, helping you to live a more fulfilling life.

We provide both group therapy and individual therapy.

We provide interpretation services, so you can express yourself in your language.

Your meetings with us are confidential and **all your information is kept private.**

“

I don't know where I'd be without them. I couldn't speak highly enough of everyone I've had to work with.

I'm really grateful to them for their respect, kindness and compassion.

”

Service user

“

It's validating to feel seen, understood, to feel supported.

If I didn't understand I'd happily speak to the assessor to get that understanding. There is loads of feedback and support.

”

Service user

