



Greg Aplin MP
Member for Albury

MEDIA RELEASE

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SUPPORT FOR PEOPLE EXPERIENCING PERSONALITY DISORDERS

Local adolescents, adults, and their families and friends will have better access to mental health support for personality disorders as a specialised clinic and staff training is set to be implemented in Murrumbidgee Local Health District (MLHD).

Member for Albury, Greg Aplin today announced the implementation is part of the NSW Government's \$5.5 million expansion of the *Project Air Strategy*, to ensure earlier diagnosis of a personality disorder and a reduction of time spent in hospital due to access to more tailored treatments.

"There are teenagers and young adults in our community who need this specialised treatment and I'm very pleased the Gold Card Clinic will be coming to the region. This successful strategy is proven to improve the treatment for personality disorders," Mr Aplin said.

MLHD have invited staff in Albury to participate in training about personality disorders, the importance of rapid care, and the unique tailored treatments that have been proven to work effectively.

Mr Aplin said the NSW Government's overall investment in the *Project Air Strategy* will now be more than \$11 million since 2011.

"This is great news for people who live with a personality disorder and it's great news for those close to them who are often impacted and need support too."

There are several types of personality disorders including borderline, antisocial, narcissistic and obsessive-compulsive, with treatment often involving evidence-based psychological therapy to help the person understand their feelings and improve their relationships.

Minister for Mental Health Tanya Davies said people experiencing a personality disorder represent about 25 per cent of mental health presentations to emergency departments and admissions to the State's mental health inpatient units.

"Often these people arrive to the hospital in distress, and we are seeing this unique project significantly reduce presentations to Emergency Departments and shorten hospital stays, because the right help is getting to people faster," Mrs Davies said.

The project is a collaboration between the NSW Government and the University of Wollongong and includes:

- Ongoing training for health staff on managing affected people and carers;
- The Gold Card Clinic initiative to help consumers move from emergency departments, to treatment in the community; and

- The establishment of ongoing resources for health professionals via the 'Air Academy' and online resources for families and carers.

If you, or someone you know, needs crisis support phone Lifeline 13 11 14. For more information about *Project Air Strategy* and for resources about personality disorders visit www.projectairstrategy.org.

Media Contact: Greg Aplin 6021 3042 or 0428 600 343