

Dear Friend,

We are part of the client community at The Haven Project and we are writing to you for help...

**The Haven Project supports people with the diagnosis of 'Personality Disorder' in their quest for recovery. The Project offers Crisis Prevention support, Therapeutic Interventions (1:1's) and Recovery Groups where the clients learn together how to get better, put a troubled past behind them, and reach out for a brighter future.**

The Haven Project was set up in 2004 with funding from the Department of Health. This came to an end in 2014. But we were rescued from closure by a three year grant from the Big Lottery.

**This is now coming to an end and we are striving very hard to preserve this valuable community service.**

Imagine.....

- If you found your father hanging by a rope & you were 6 years old.
- If your mother was not really there because she was drunk when you needed to eat & you were 4.
- If your coach wanted to bring out more than your talent when you needed support & you were 12.
- If you were struck down by debilitating illness and were all alone when you were 7.
- If you were mercilessly bullied throughout school for what you were and had no one to tell.

Then imagine.....

- Growing up thinking it was all your fault, consumed with guilt that your dad did it because you were not good enough to stop him.
- Growing up thinking you were not worth anyone's attention or love because not even your mother could be bothered.
- Growing up feeling your gifts were soiled by some else's dirty needs.
- Growing up thinking you would never be well and always be alone.
- Growing up feeling you would never be good enough, or smart enough, or brave enough to be liked.

Finally imagine.....

- Finding a place where someone listens.
- Where someone understands.
- Where there are real friends.
- Where there is freedom to recover.
- Where there is hope to get better.
- Where there is someone who cares.
- Where you get better learning to live and enjoy life!

**This is the journey many at The Haven Project make and can continue to make with your help:**

By just giving £5:

You are helping someone access a Crisis Prevention telephone call. This can stop someone who is so emotionally charged it is likely they would self-harm, or worse attempt to take their own life.

**Did you know?.....**

**The Haven Project has 0.25% suicide rate over 14 years and more than 500 clients.  
The lowest of ANY service.**

**The Haven Project saves the NHS more than £1 million (after project costs) by reducing the need for unplanned mental hospital admissions and attendances at A&E.**

**The Haven Project demonstrates remarkable client outcomes. We look at clients' well-being first! Clients are the architects of their own recovery and they engage at every level of decision making within the project.**

If you can give £15:

You are giving someone in need access to an hour and a half of recovery group time. This enables that person to understand what else they can do instead of staying anxious, depressed, emotionally charged and even suicidal. A group session helps clients to see that there are other ways of coping with their diagnosis. The peers in the group offer support and suggestions which can help the person feel included and accepted, maybe for the very first time. The Haven Project has helped many clients realise that..... **WE ARE NOT ALONE**

By generously giving £35:

Someone in need can access an hour of one-to-one time with a qualified therapist who is specialised in PD. This allows the client in their own time to begin to confront the deeper reasons for their diagnosis, and the emotional turmoil that goes with it. Even the deepest wounds can be healed. This helps clients to realise that the abuse or trauma was NOT their fault. Eventually life-long guilt and fear can be alleviated.

If you are unable to give money:

You could ask your workplace to display leaflets..... Put us forward for any local (or national) awards, grants or recognitions..... Support friends or family with a diagnosis of PD to make contact and start their own recovery, or just simply take time to visit our website so you know enough to tell everyone you know all about us....

It may appear that we are asking a lot of you. We suppose we are, but cannot stress how important The Haven Project is to all of us. Please help save us from closure!

Many thanks in anticipation of your support, now and in the future. Please give generously.

With love and kindness,

On behalf of The Haven Project Client Community