

Find out more about personality disorders and the specific disorders from these online sources:

- [Mayo Clinic](#)
- [Mental Health America \(MHA\)](#)
- [U.S. National Library of Medicine](#)
- [About.com](#)

What can you do if you think that you or someone you know has a personality disorder?

Identifying a personality disorder requires consultation with a behavioral health professional. Treatment options may include talk therapy, medication, or a combination of the two. Use the locators listed below to find a behavioral health professional:

- [American Psychological Association \(APA\) Locator](#)
- [HelpPro Therapist Locator](#)
- [Borderline Personality Disorder treatment](#)

Emergency situations: If you are experiencing a crisis please call 911 or one of the numbers listed below, or go to the emergency department at the nearest hospital.

National:

National Suicide Prevention Lifeline..... 800-273-8255
National Hopeline Network.....800-784-2433

Local:

Philadelphia Suicide and Crisis Intervention Hotline
.....215-686-4420
Chester County Crisis Intervention Service.....877-918-2100
Delaware Co. Emergency Psychiatric Crisis Service
.....610- 447-7600
Montgomery County Crisis Hotline
.....610-279-6100
Contact Greater Philadelphia
.....888-855-5525

Personality disorder defined:

The U.S. National Library of Medicine defines personality disorders as a group of behavioral health conditions in which a person has a long-term pattern of behaviors, emotions, and thoughts that is very different from his or her culture's expectations. These behaviors interfere with the person's ability to function in relationships, work, or other settings. There are ten specific personality disorders that have been classified into three clusters by the American Psychiatric Association. Cluster A: Odd or eccentric behavior; Cluster B: Dramatic, emotional or erratic behavior; Cluster C: Anxious or fearful behavior. According to the National Institute of Mental Health, 9% of adults have a personality disorder of some kind with most disorders developing by early adulthood.

Disorder types:

- Cluster A: Paranoid, Schizoid, and Schizotypal personality disorders
- Cluster B: Borderline Narcissistic, Histrionic, and Antisocial personality disorders
- Cluster C: Avoidant, Dependent, and Obsessive-Compulsive Personality Disorder