



# Robin's<sup>\*</sup> Journey

**Cygnets Aspen Clinic, Doncaster**

**Highly Specialised Personality Disorder Service for Women**

**Robin came to Cygnets Aspen Clinic with a diagnosis of Emotionally Unstable Personality Disorder (EUPD) combined at that point with disordered eating. Today she is continuing her recovery journey successfully.**

"I first came to Cygnets Aspen Clinic, against my will. I was closed off, scared and wanted, so desperately, to die! I hadn't smiled for well over a year and I didn't trust anyone - I was a handful to say the least but staff never gave up on me.



I don't remember much from my first couple of years, however I do know that over time I learnt to trust staff and even genuinely smiled for the first time in a VERY long time, everyone was so happy to witness it! From desperate cries, screaming, shouting, smiling, laughing, joking and everything in-between: I made it. I had an amazing team behind me; from receptionists, kitchen, cleaning, support, nurses, psychologists, occupational therapists, management and consultants; we all worked together.

Fast forward to 2023, I have now been discharged into supported living which is something I never thought was possible, however, with the AMAZING, dedicated team at Cygnets Aspen Clinic behind me I've been given a chance at living life and trust me, I'm going to enjoy every second of it!"



**"From the bottom of my heart and with my whole being...  
THANK YOU! You're all INCREDIBLE!"**

[www.cygnetsgroup.com](http://www.cygnetsgroup.com)

\*Name has been changed to protect her identity.

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To make a referral or for more information about **Cygnets Aspen Clinic** please call **0808 164 4450**/email **chcl.referrals@nhs.net** or contact your regional Business Relationship Manager

