

WHAT IS DID / OSDD FOR FRIENDS & LOVED ONES

WHAT IS DID & OSDD



Dissociative Identity Disorder (**DID**) is a disorder in which a person has 2 or more distinct personality states or parts of the personality. What we call headmates. They also experience out of the ordinary forgetting and distress caused by this debilitating disorder. Other Specified Dissociative Disorder (**OSDD**) is like DID but without amnesia or with headmates who influence, not front.

WHAT IS ADAPTIVE PLURALITY

Plurality simply means people who are Many. It is an umbrella term that people may use freely, to self identify with. It includes all sorts of people & experiences. Including but in no way limited to how psychology explains multiplicity. Adaptive or disordered Plurality are umbrella labels used by people with DID/OSDD and those who do not meet the diagnostic criteria, can't get access to treatment or don't associate with psychology. Plural is an identity, a community, an umbrella, a label. Not a level or destination to reach.



DIFFERENT TYPES OF HEADMATES



A collection of headmates is often called a System. Every System is different and so are all their headmates. It varies per System how much 'elaboration' there is, this means headmates having their own name, age, gender and interests. There can be protectors, children, gatekeepers, healers, memorykeepers, parents, fictives, introjects, persecutors, helpers and other roles.

IS IT CURABLE

Plurality in itself is not a disorder, nor a sickness. Hence no cure is needed. There is no medication or cure for DID or OSDD. Trauma therapy has proven to be beneficial to work through the trauma. Many (learn to) live a functional happy life with their multiplicity, by working together closely as a collective System in harmony.



HOW YOU CAN SUPPORT



Ask the plural you know if & how you can support them, as every System is different. Be respectful, use the language the System uses, call headmates by name if they desire so & treat them age appropriately. Help someone ground if they have a flashback or panic attack, by reminding them where (location) and when (year) they are. Do not touch people without consent. Lastly consider donating on behalf of your friend or loved one to The Plural Association Nonprofit and help us fund The Plural Warmline, together we empower more Plurals. Info: thepluralwarmline.org

THINGS TO KEEP IN MIND

Not every plural is disordered (anymore.) Plurality is not rare at all. The latest DID research (April 2019) showed 3.7% under 31.000 college students! This is more than red hair and schizophrenia. DID/Plurality is NOT like the movies, People with DID are not dangerous but instead the statistic is that people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. Cultural & spiritual forms of Plurality deserve more acceptance & recognition.



THE PLURAL ASSOCIATION NONPROFIT DEPENDS FULLY ON COMMUNITY SUPPORT. PLEASE HELP US TO EMPOWER PLURALS WITH MORE RESOURCE LIKE THIS. FOR MORE INFORMATION PLEASE VISIT:

THEPLURALASSOCIATION.COM

Together we are stronger