

## The Plural Warmline Survey responses

The Plural Association is the first grassroots, peer-led, registered, nonprofit for those living with DID/OSDD and all other forms of Plurality, no matter the label they use, to describe their unique and individual experience with Multiplicity.

Nearly 500 Plurals, an umbrella term indicating anyone self identifying as having or being more than one individual within a single body, responded to our survey for The Plural Warmline.

The Plural Warmline is a free service by The Plural Association, opening in 2021, and is a service you contact before you reach a potential point of crisis. Our warmline for Plurals provides early intervention with emotional support that can prevent a crisis.

The goal of this survey is to get greater insight into how people living with Dissociative Identity Disorder, Other Specified Dissociative Disorder, Dissociative Disorders and any and all other forms of disordered or non-disordered Plurality, use crisis services, how they are treated by crisis services, if there is enough understanding, knowledge, compassion around Plurality by crisis responders and much more.

We asked Plurals to participate in this survey on various social media websites and in The Plural Association monthly newsletter. Participation was anonymous, voluntarily and none of the participants received compensation for their participation.

We knew it was needed to create The Plural Warmline before this survey. We knew the responses in this survey wouldn't be pretty. But we underestimated just how dire the situation is. We have a lot more data to compare. We are aiming for at least 1000 responses before we make the final report of the survey.

However, since it is Suicide Prevention Day 2021, we have decided to release a shorter version of the survey report going over the main issues as currently reported.

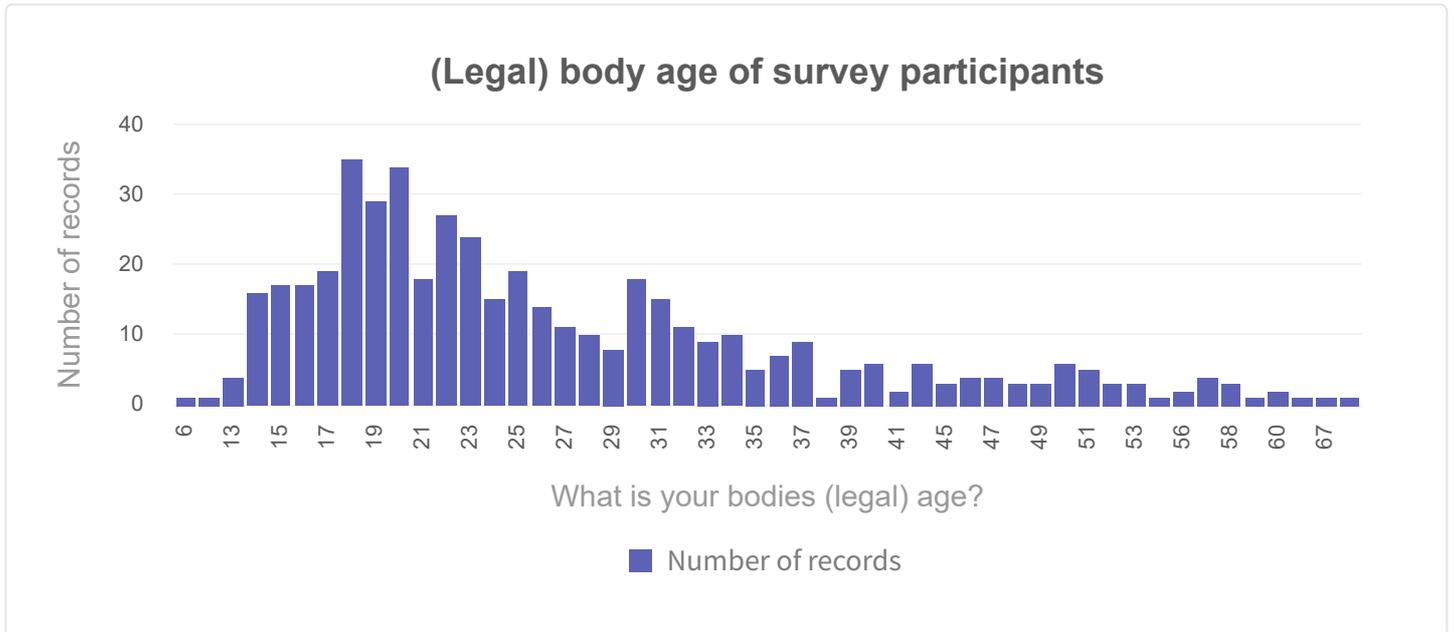
We want to give a big thanks to those who participated, donated their time and emotional labor. We also want to thank the volunteers of The Plural Association Nonprofit, for without them, these surveys, the data analysis, The Plural Warmline and all our other important works, couldn't take place. Lastly we want to thank our donors because without them, The Plural Association Nonprofit and The Plural Warmline couldn't exist either.

Please use selfcare and take breaks while going over this whenever you need to.

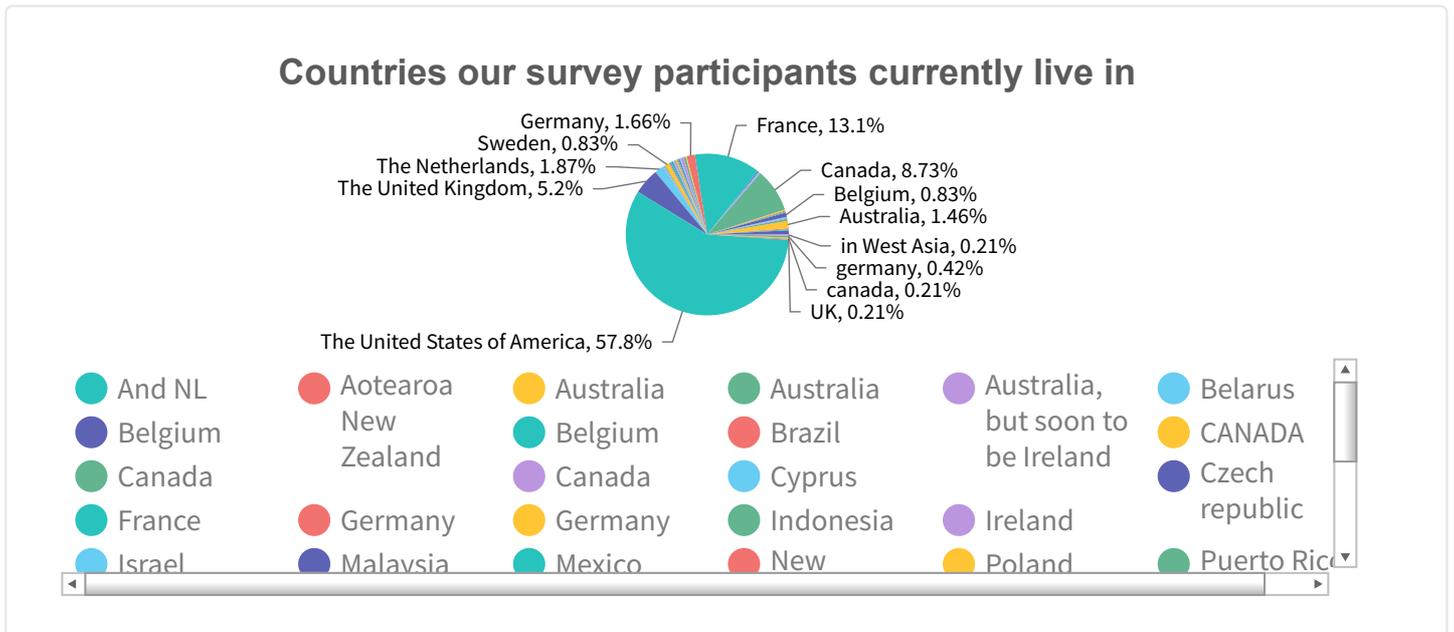
Trigger warnings: Some survey questions and responses are about suicide and its prevention, moments of crisis, contact with crisis hotlines and services, involuntary psychiatric hold experiences, police and first responders experiences. Some responses contain syscourse, exclusionary expressions and/or statements that might upset or hurt some Systems.

## Survey results:

Our first question asked about the legal body age of our survey participants. We aren't really sure that a 6-year-old filled in this survey, but we are glad to see such a range of ages. Our oldest participant is 70 years young.

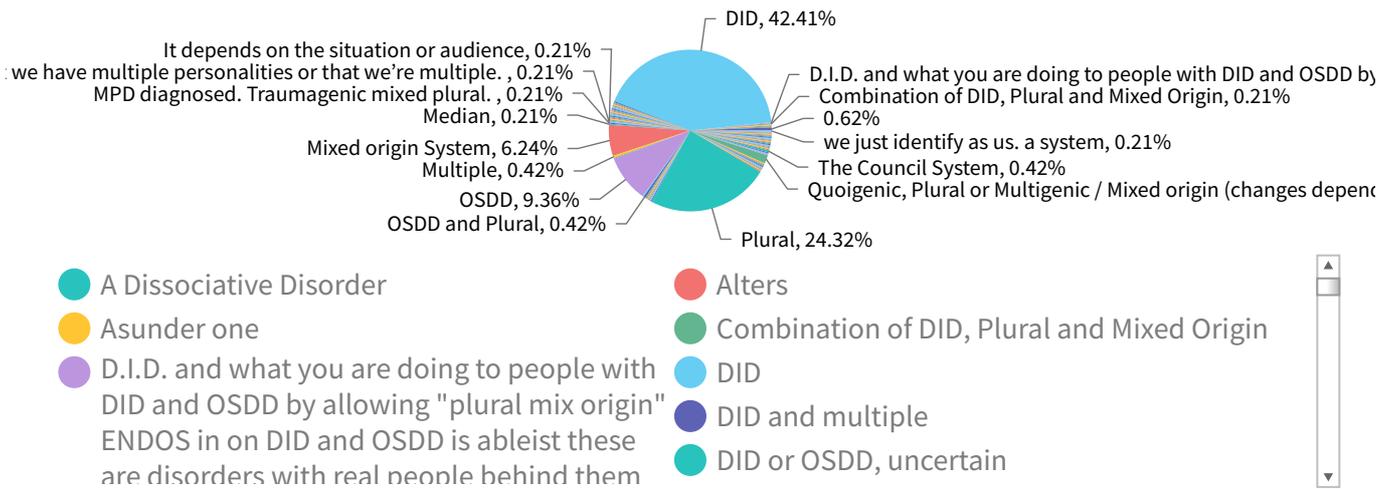


We had participants from 29 countries in our Survey. Most participants (57.8%) live in America.



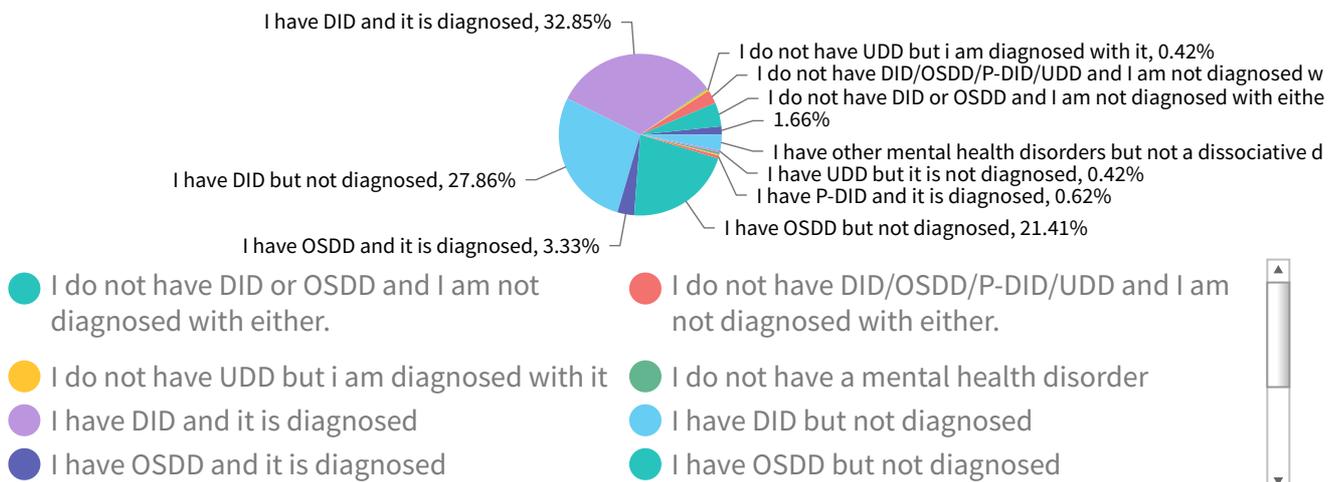
We feel grateful to see so many responses from Plurals who use community - based labels, labels that fit their System best, labels they coined, labels that allow them to find Plurals like them. On Pluralpedia over 250 different terms and labels are listed, and we are proud to see so many of them, over 35 different labels, represented in this survey.

## How our survey participants label their Plurality



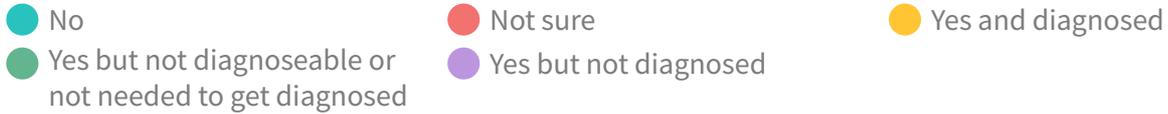
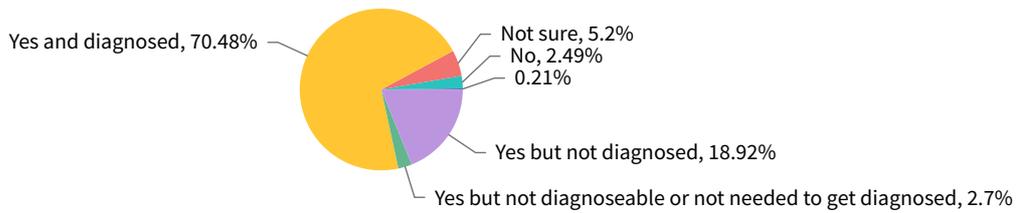
We kindly remind you that we currently have participants from 29 countries and that getting an official diagnosis for DID/OSDD is a privilege, that takes money and other resources, which many Systems do not have access to. We also know from Putnam's research that it takes 6 to 12 years to get correctly diagnosed with DID whilst already being treated in the mental health System.

## DID/OSDD and diagnosis as reported by our survey participants



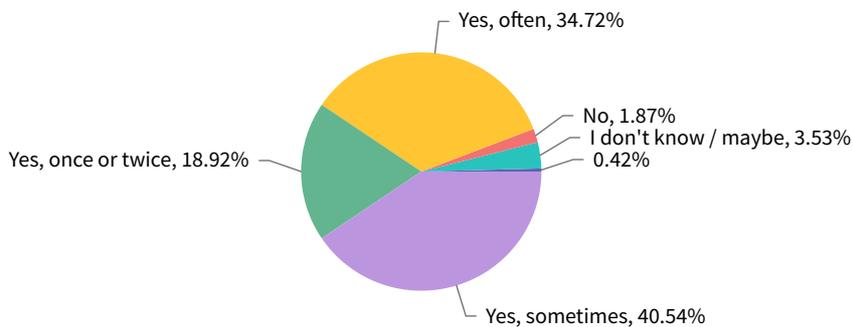
We also asked our participants if they have other mental health issues. Over 70% indicated they have received (another) mental health diagnosis.

## Comorbid mental health experiences as reported by survey participants



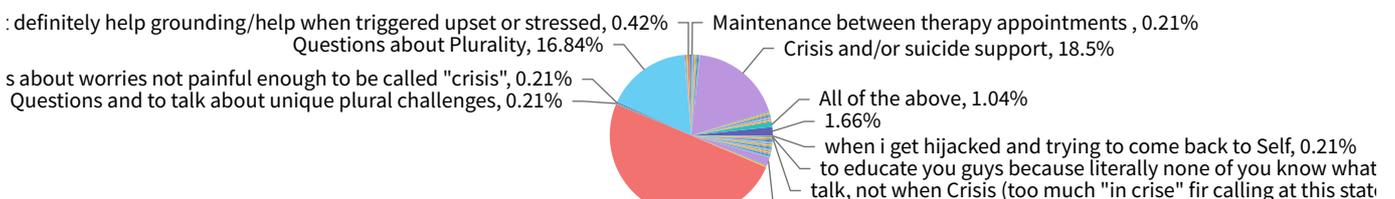
Only 9 Systems (1.87%) of participants indicated that they never experience(d) moments of crisis. Over 35 different System labels were used by Plurals participating in this survey. Which shows that no matter the label Plurals use to describe their unique and individual experience with Multiplicity, most of them have been or are in need of and deserve support from crisis lines, mental health services and The Plural Warmline.

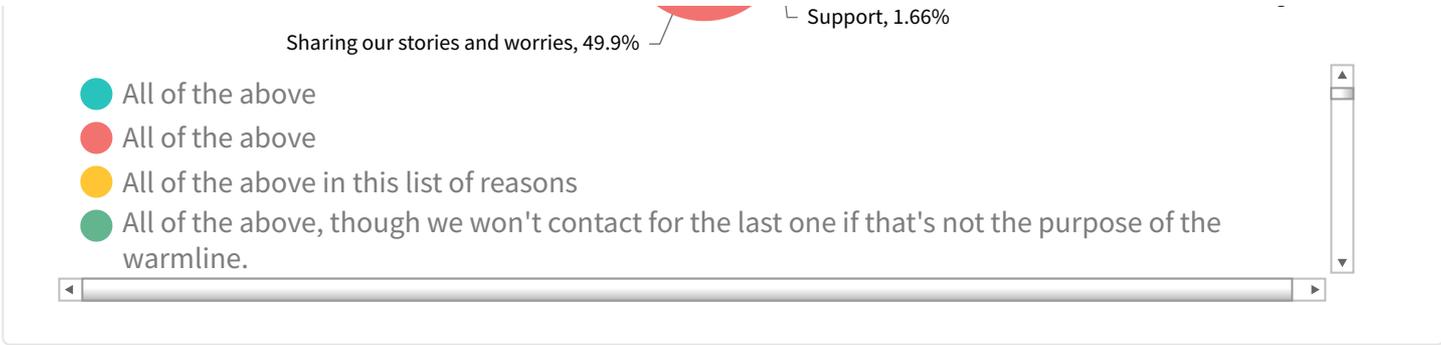
### If and how often survey participants experience moments of crisis



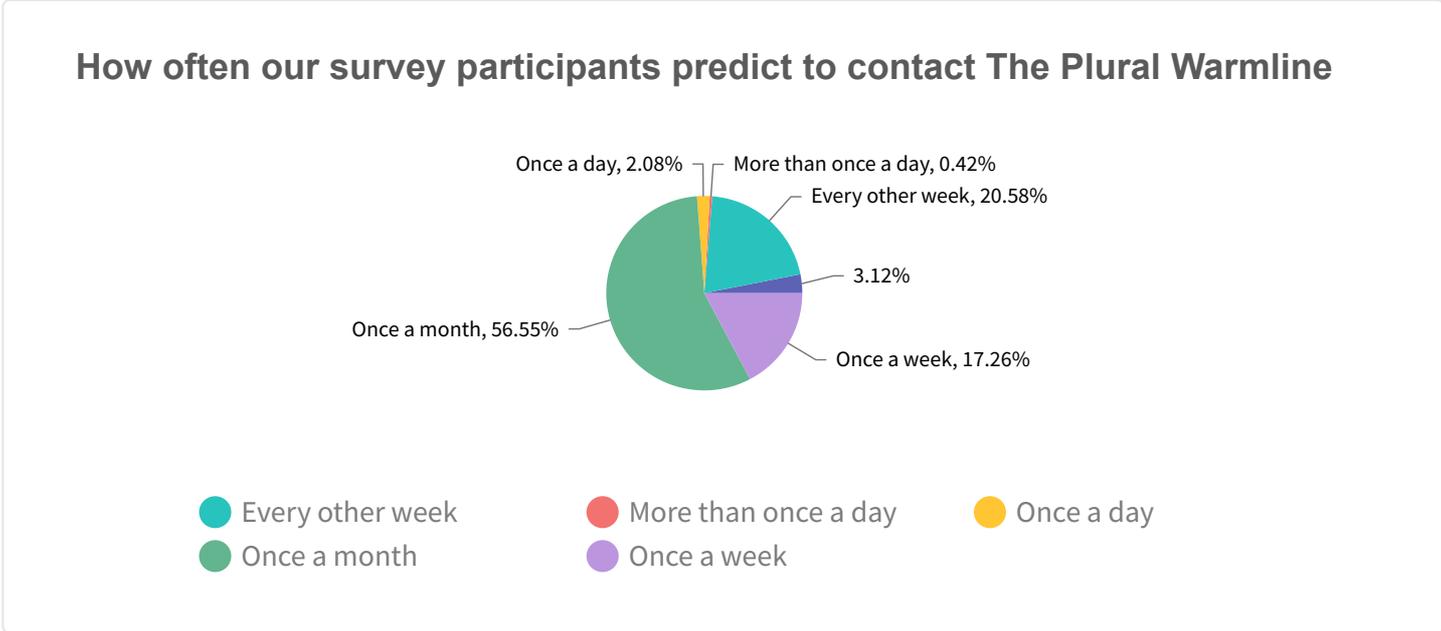
The Plural Warmline allows Systems and their Headmates to share their stories and worries with trained peer support Plurals. 49.9% of participants directly indicated that this is why they would contact The Plural Warmline.

### Main reason survey participants would contact The Plural Warmline

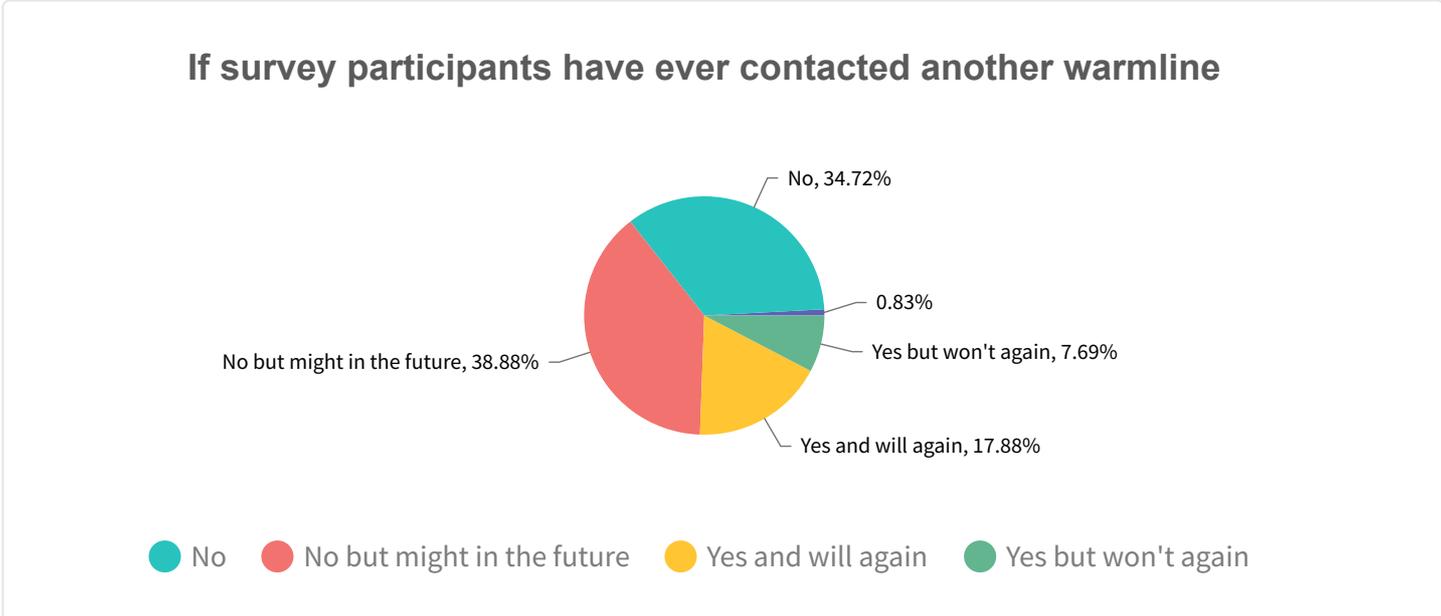




Over half (56.55%) of all survey participants indicated they expected to contact The Plural Warmline once a month.

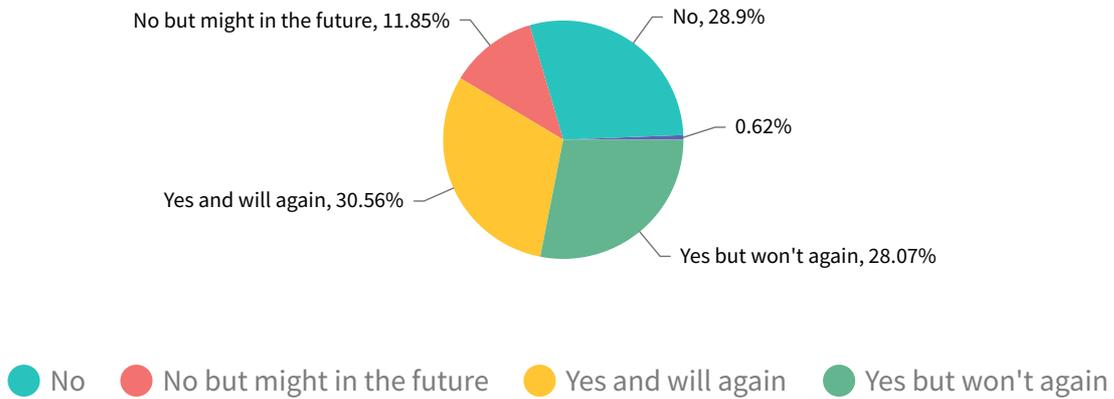


73.6% of survey participants have never contacted a warmline. (A warmline is a line you reach out to before you reach a potential point of crisis.)



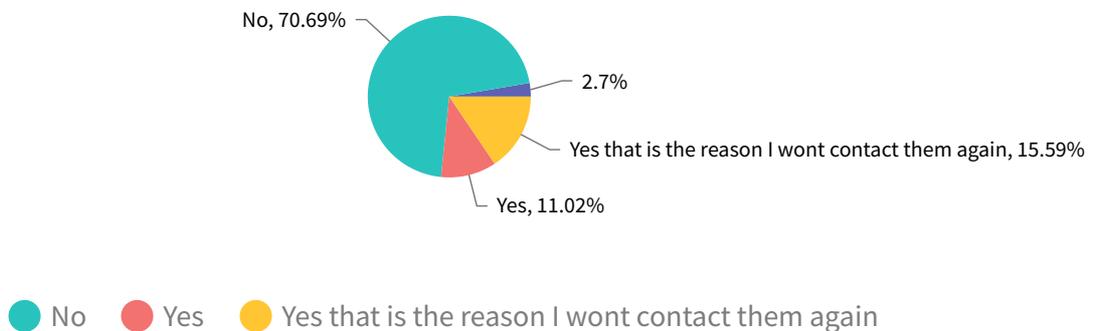
40.75% has never contacted a suicide, crisis or hotline. Even tho 98.13% reported to have experienced moment(s) of crisis. Let's find out why.

### If survey participants ever contacted a suicide, crisis or hotline



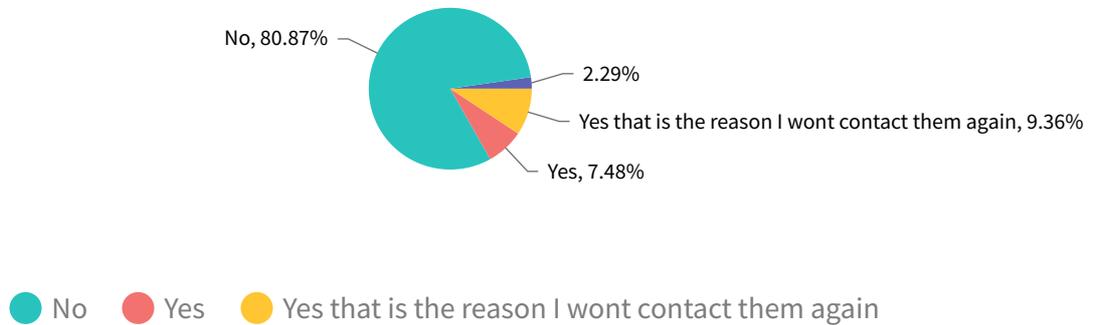
This is one of the better outcomes of this survey. 70.68% report never having had to interact with law enforcement as a result of crisis or hotline contact. However, only 30.56% of survey participants contacted a crisis or hotline in the first place.

### If survey participants ever had to interact with law enforcement or emergency personal as a result of crisis or hotline contact



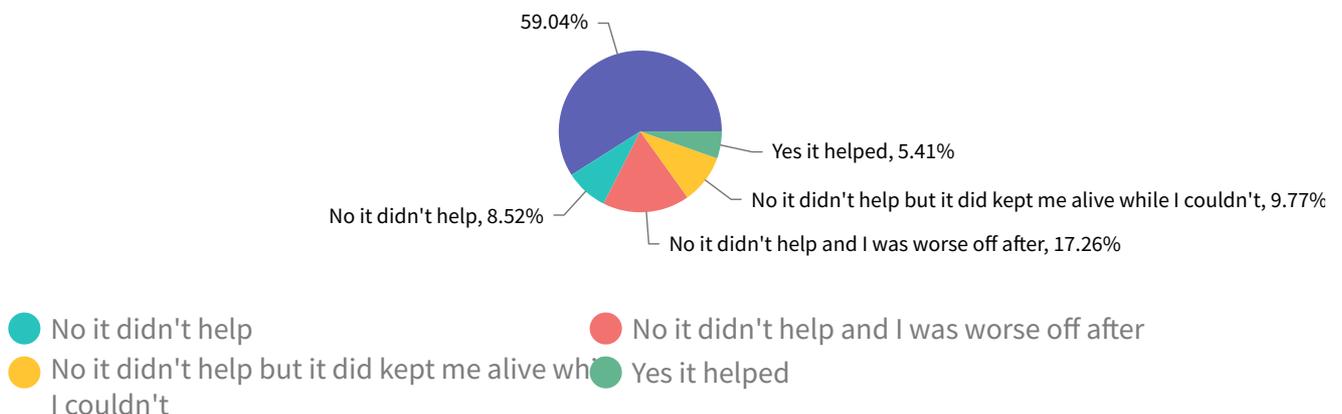
Even fewer survey participants ended up in involuntary psychiatric hold because of contacting a crisis or hotline. Both the results of this question and the previous question show that when it happens, usually Systems stop using crisis services all together.

## If survey participants ever ended up in involuntary psychiatric hold because of contacting a crisis or hotline



We asked about the experience of involuntary psychiatric hold and if it has helped Plurals. It shows clearly that involuntary psychiatric help isn't beneficial for most Plurals. Only 5.41% really felt helped by it. Sadly, 17.25% indicated they were even worse off afterward. (Purple results of 59.04% is the number of participants who did not respond to this question.)

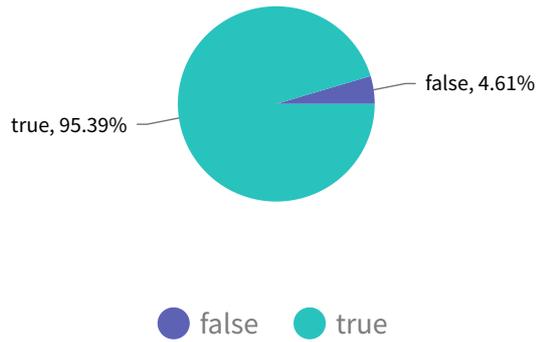
## If survey respondents felt helped by the involuntary psychiatric hold



Combining this result with the earlier result showing 98.13% of survey participants have experienced a crisis and combining that with the upcoming answers, shows that a big majority of Plurals, do not feel safe and/or understood enough to reach out to a suicide, crisis or hotline.

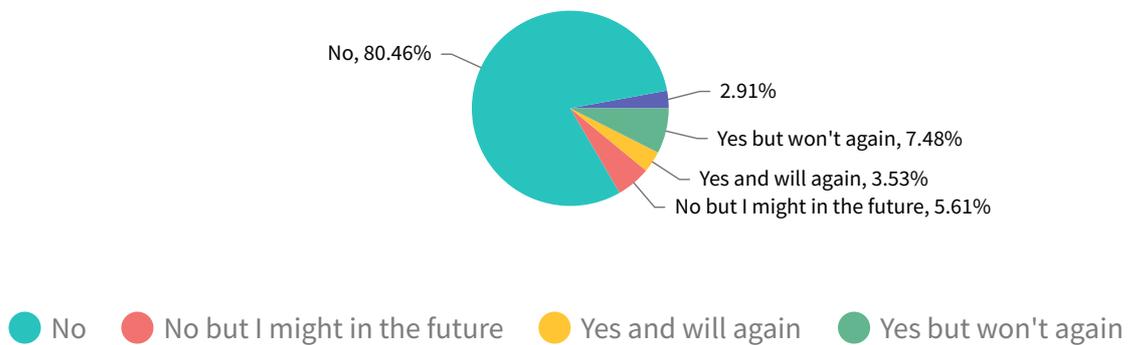
**We asked our survey participants if they have ever been in crisis but not**

## contacted a crisis or hotline for support



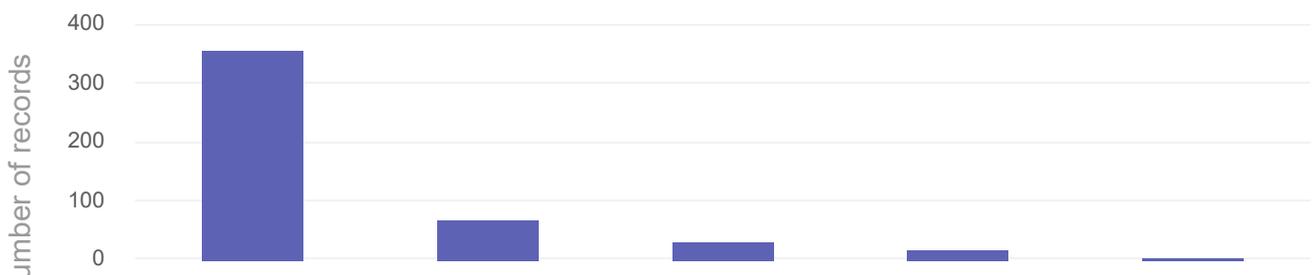
80.45% of survey participants wouldn't contact a service that reports to police with their explicit consent.

## If our survey participants would ever contact a crisis or hotline, who reports people to police without their consent



In this chart, 1 means the least comfortable and 5 is completely comfortable. 75% of survey respondents rated their interactions with police with a 1 (ONE.)

## How comfortable our survey participants feel while interacting with the police



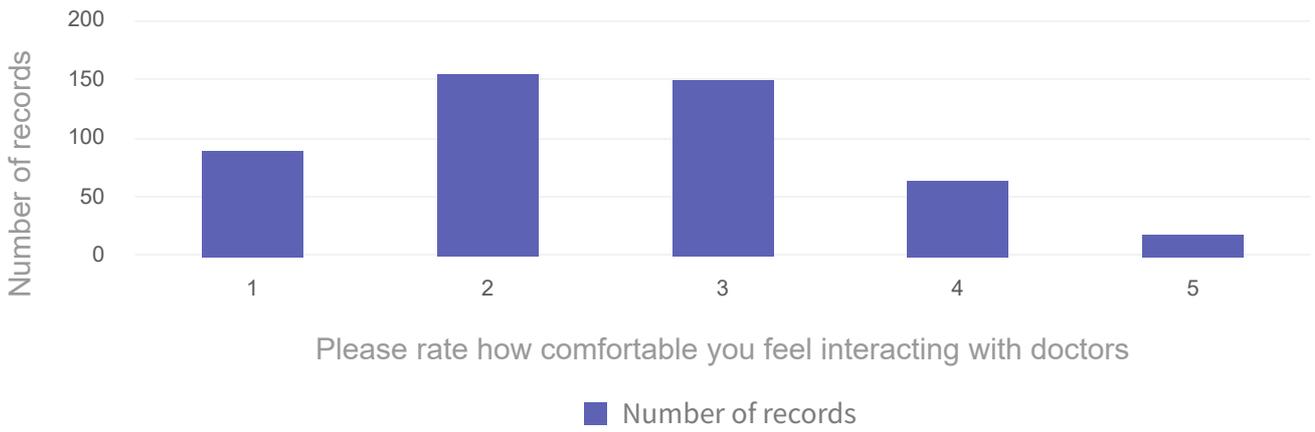
Z 1 2 3 4 5

Please rate how comfortable you feel interacting with police officers

■ Number of records

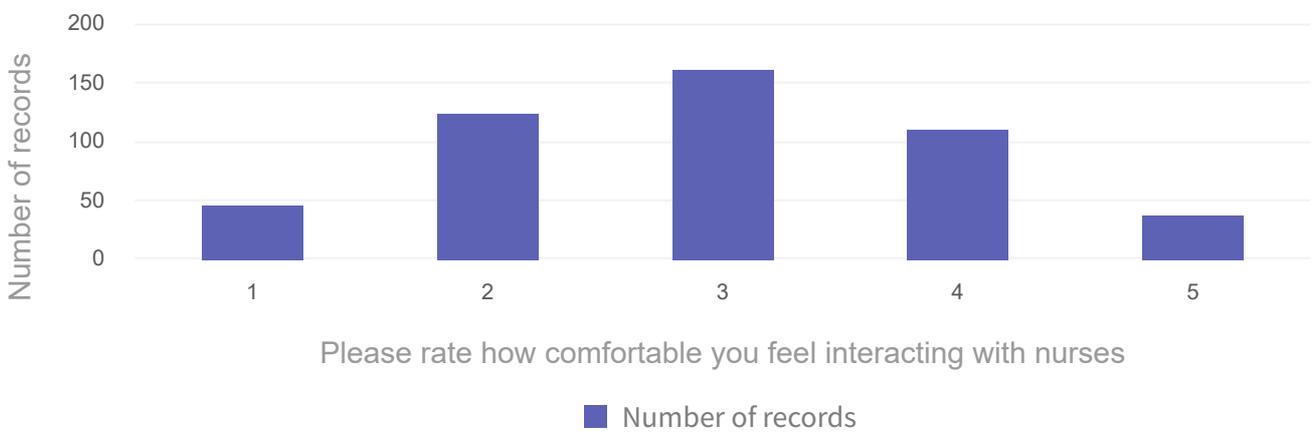
In this chart, 1 means the least comfortable and 5 is completely comfortable.

### How comfortable our survey participants feel while interacting with doctors



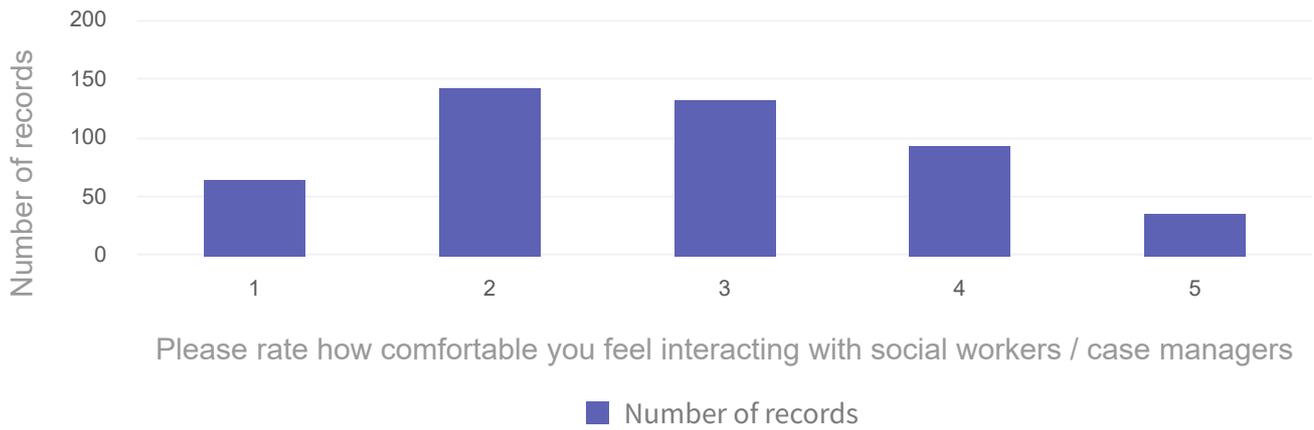
In this chart, 1 means the least comfortable and 5 is completely comfortable.

### How comfortable our survey participants feel while interacting with nurses



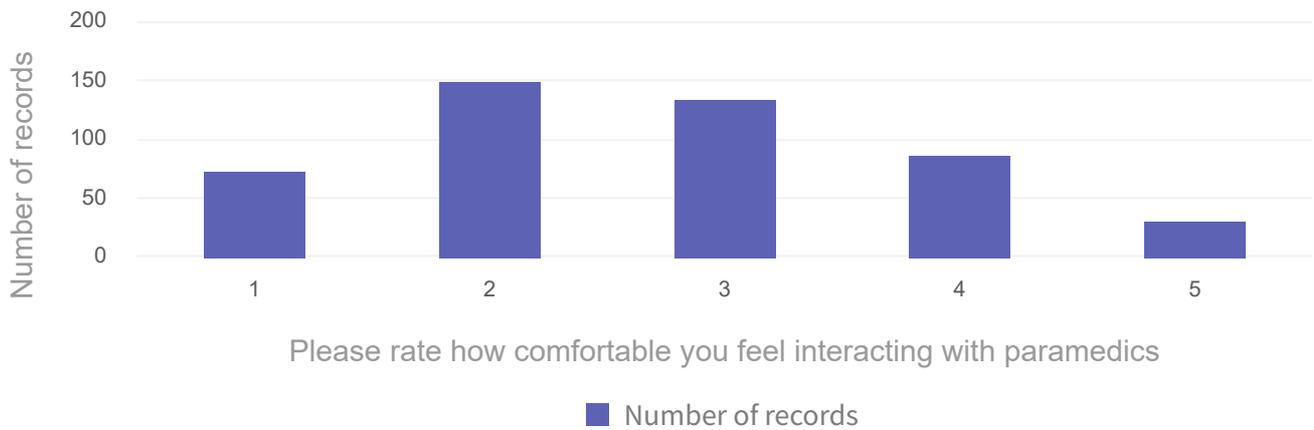
In this chart, 1 means the least comfortable and 5 is completely comfortable.

### How comfortable our survey participants feel while interacting with social workers / case managers



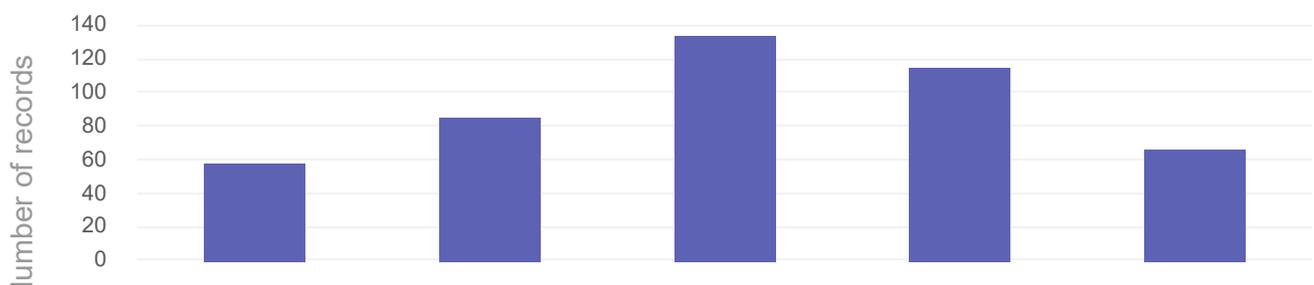
In this chart, 1 means the least comfortable and 5 is completely comfortable.

### How comfortable our survey participants feel while interacting with paramedics



In this chart, 1 means the least comfortable and 5 is completely comfortable.

### How comfortable our survey participants feel while interacting with firefighters

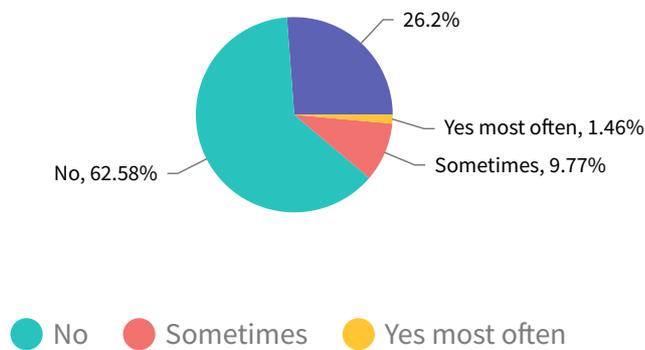


Please rate how comfortable you feel interacting with firefighters

■ Number of records

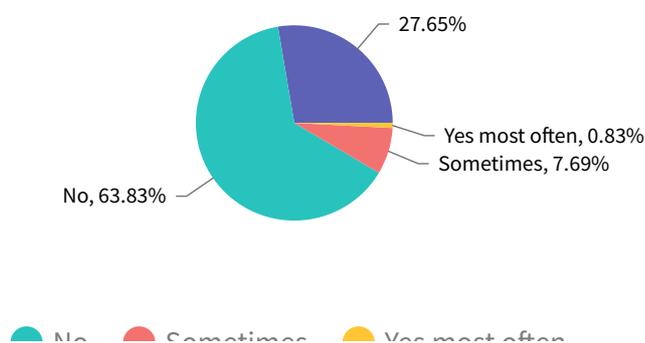
62.58% of survey respondents indicated that they felt DID/OSDD was not understood by crisis or hotline providers they have been in contact with. Please remember, 40% of participants indicated they have never called a crisis or hotline. (The purple 26.2% is how many respondents chose not to answer this question.)

### If survey participants felt that DID/OSDD is understood by the crisis or hotline providers they have been in contact with



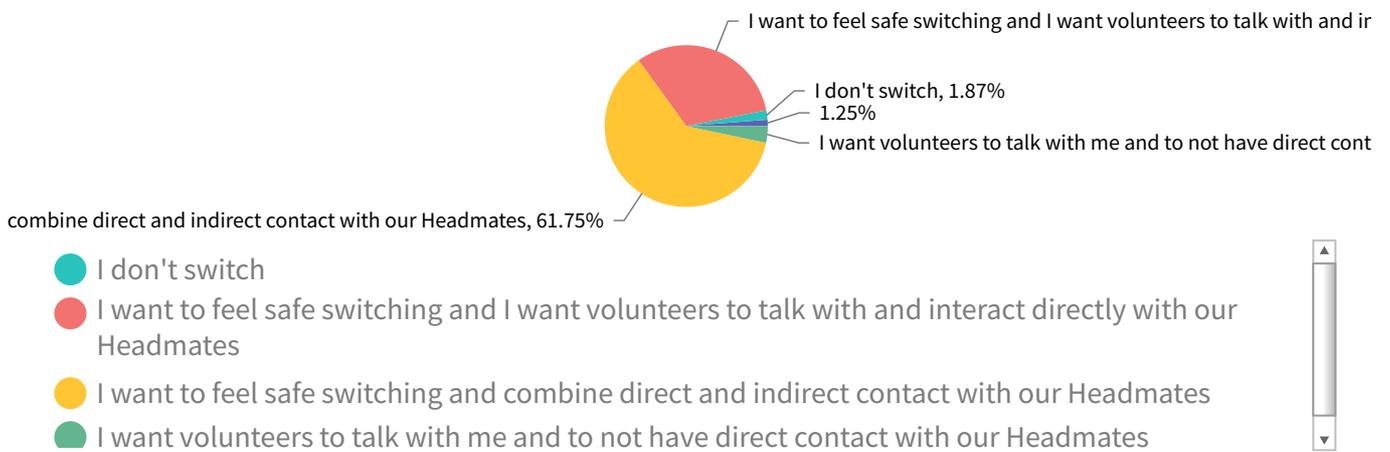
63.83% of survey respondents indicated that they felt Plurality was not understood by crisis or hotline providers they have been in contact with. Please remember, 40% of participants indicated they have never called a crisis or hotline. (The purple 27.65% is how many respondents chose not to answer this question.)

### If survey participants feel that Plurality is understood by the crisis or hotline providers they have been in contact with



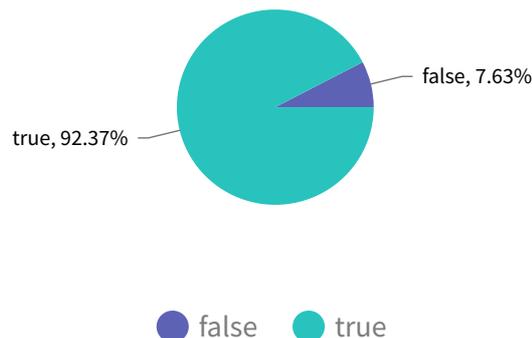
3.33% of survey participants told us they explicitly wanted indirect contact. 93.56% indicated they want direct contact (61.75%) or a combination of direct and indirect contact (31.81%) Indirect contact means Plurals share about their Headmates and the peer support worker asks about their and their headmates stories and worries. Direct contact means their Headmates share about themselves and the peer support worker asks Headmates directly about their stories and worries.

### If survey participants want The Plural Warmline peer support Plurals to use direct or indirect communication with their Headmates



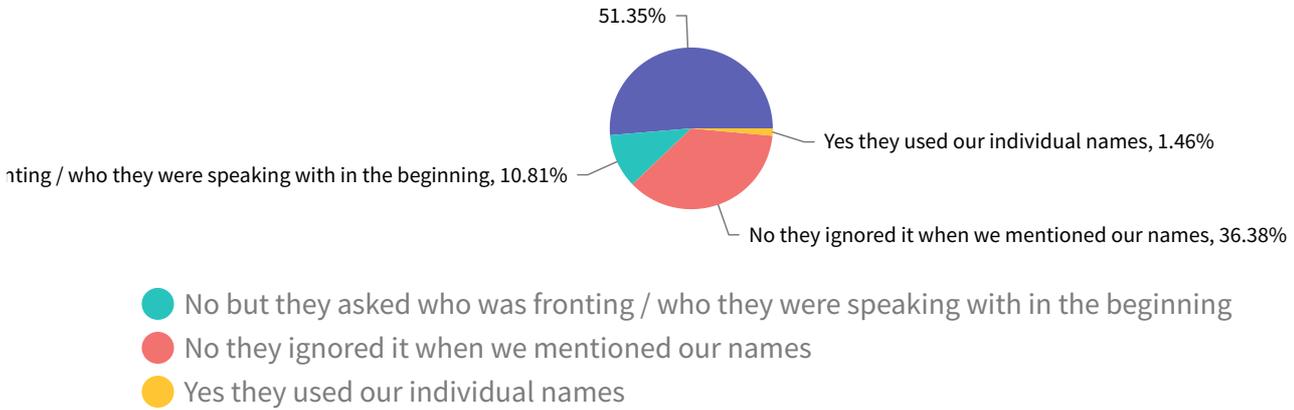
By far most (92.37%) of survey participants indicated they want peer supporters to use individual names and pronouns for their individual Headmates.

### If survey participants want us to use individual names and pronouns for their Headmates



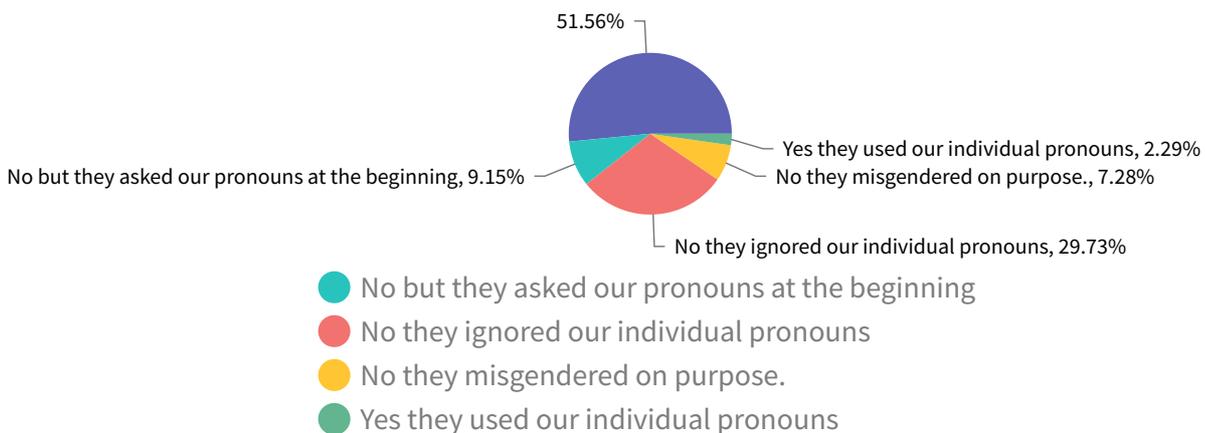
But sadly, only 1.46% of the survey respondents actually has the experience of crisis or hotline providers using individual names for Headmates, after mentioning Plurality. (The purple 51.35% is how many respondents chose not to answer this question.)

### Do survey participants have the experience of crisis or hotline providers using individual names for Headmates, after mentioning Plurality



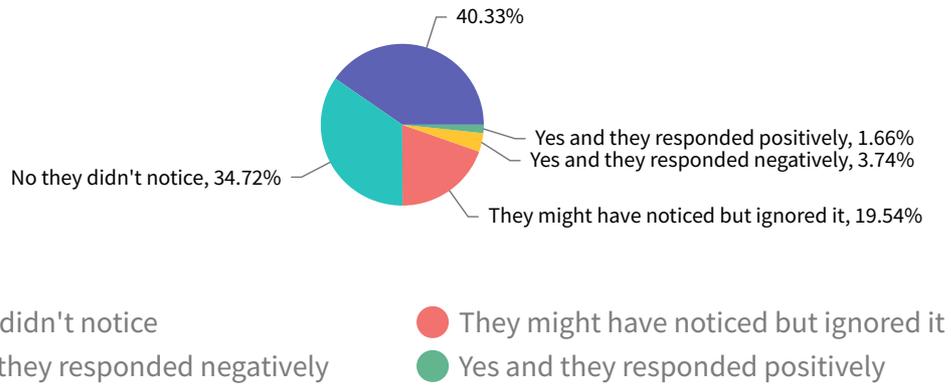
When asked about pronouns, only 9.15% of survey respondents was asked what their pronouns are at the start of the call/contact and only 2.29% had their individual pronouns actually used. 29.73% had their individual pronouns ignored and, sadly, 7.28% got misgendered on purpose. (The purple 51.56% is how many respondents chose not to answer this question.)

### Do survey participants have the experience of crisis or hotline providers using individual pronouns for Headmates after mentioning Plurality



When asked if survey respondents had the experience of crisis or hotline providers noticing switches between Headmates, sadly only 1.66% had a positive experience. 19.54% felt it got ignored and 34.72% reported that it didn't get noticed at all. (The purple 40.33% is how many respondents chose not to answer this question.)

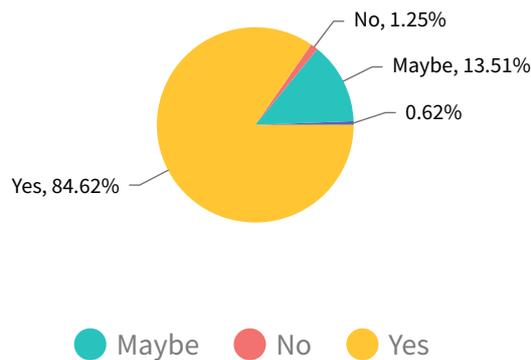
## Do survey participants have the experience of crisis or hotline providers noticing switches between Headmates



Lastly, 84.62% of survey participants indicated they believe The Plural Warmline is a necessary and needed service for Plurals.

The combined responses in this survey clearly show the need for The Plural Warmline and the necessity of making it accessible to all Plurals, no matter the label they use, to describe their unique and individual experience with Plurality.

## If survey participants believe The Plural Warmline is a necessary and needed service for Plurals



The Plural Association Nonprofit is fully volunteer staffed and all our volunteers are Plural. The nonprofit depends fully on community and ally support, we do not receive financial, government or other financial grants.

If you are financially able, please consider donating The Plural Warmline Calls to The Plural Association Nonprofit, as together we empower more Plurals! Donations can be made at <https://thepluralwarmline.org/donate> We thank you for your support, power to the Plurals!