

How can I support a family member/friend with BPD?

- Validate their experience and listen without judgement
- Educate yourself about BPD
- Support their efforts to seek professional help
- Do not ignore threats of harm and get in touch with emergency services
- Remember to take care of yourself

“I feel empty and lonely, sometimes like I don’t even exist at all, and saying my name feels like a lie because I know there’s nothing inside. I play roles, try to be who I’m ‘supposed’ to be, and I’m good at being anyone but me”

—a client at CAMH



Watch our BPD video, **“Having a Life Worth Living”**



I need help. Who can I talk to?

If you are concerned about your mental health or the wellbeing of someone you care about, you need to seek help from a professional. Anyone from the list below can get you started on the road to recovery...

- School guidance counsellor
- School teacher
- Family doctor
- Religious leader
- Kids Help Phone: 1-800-668-6868
- Hospital emergency room (you can ask to speak with a crisis worker)
- In an emergency (including thoughts of suicide or wanting to hurt others) call 911

Developed by



The Sashbear Foundation

Making waves on BPD and suicide prevention

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BPD

Borderline Personality Disorder

Information Guide



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BORDERLINE PERSONALITY DISORDER

What is BPD?

Borderline Personality Disorder (BPD) is a serious, and complex mental health problem. People with BPD have difficulty regulating or handling their emotions or controlling their impulses. They are highly sensitive to what is going on around them and can react with intense emotions to small changes in their environment.

What are the signs and symptoms of BPD?

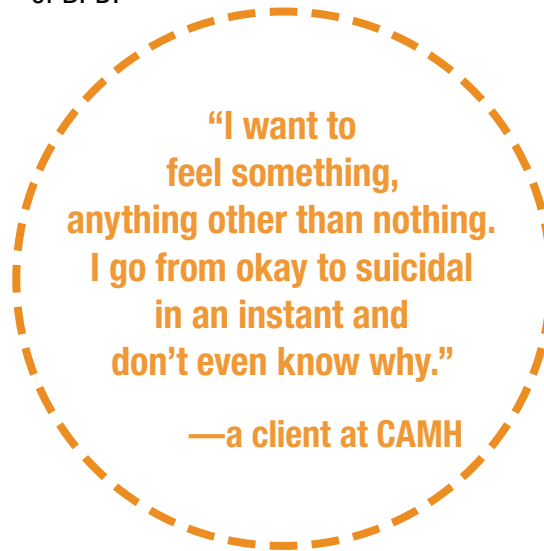
The severity and the specific combinations of BPD symptoms may differ from person to person and symptoms can fluctuate over time.

Common symptoms include:

- Intense but short-lived bouts of anger, depression or anxiety
- Emptiness associated with loneliness and neediness
- Paranoid thoughts
- Impulsive and harmful behaviours such as substance abuse, overeating, gambling or high-risk sexual behaviours
- Suicidal behaviours and non-suicidal self-injury such as cutting, burning with a cigarette or overdose
- Volatile and stormy interpersonal relationships

What causes BPD?

As with other mental health disorders, our current understanding of BPD is that a person's genetic inheritance, biology and environmental experiences all contribute to the development of BPD.



What types of treatments are available in Ontario?

Usually, treatment for BPD involves:

- Education with discussions on what is known about BPD and its causes, what kinds of treatments are available, how to self-manage BPD and how to prevent relapse
- Psychotherapy or counselling in an individual and in a group setting is the primary approach
- Prescription medication to treat specific symptoms of BPD such as anxiety or mood swings.

How can I tell if I or someone I care about has BPD?

Only a qualified healthcare professional can formally diagnose BPD. In Ontario, diagnosis is made by a family physician, such as a psychiatrist or a registered psychologist.

What should I do if I think I may have BPD?

- Personality disorders are really difficult to deal with on your own, so if you're worried about having a personality disorder it's a good idea to visit your doctor. It will make the process of diagnosing and managing the disorder much easier and quicker if you seek professional help.
- Alongside a professional treatment plan, people with personality disorders also develop strategies to manage their symptoms in everyday life, including developing positive coping skills.
- Go to the emergency room if you have thoughts of harming yourself or others.

Information included in this brochure was compiled from CAMH.ca.

For more information visit CAMH.ca