

BORDERLINE PERSONALITY DISORDER

**AWARENESS
WEEK 2021**

DISCOVER CREATIVE WELLBEING

1 - 7 OCTOBER 2021

‘Discover Creative Wellbeing’ is the national campaign focus of BPD Awareness Week 2021 (1-7 October)

This year’s message is designed to build upon the 2020 campaign ‘Flipping the Script: Changing the Narrative on BPD’ which identified a gap in treatment programs that address a person’s complex sense of self, self-stigma and negative self-narrative.

‘Discover Creative Wellbeing’ has a 3-pronged approach:

- **For people experiencing the symptoms of BPD:**
Increase access to creative methods of expression and communication, supporting visual and audio practices, peer support, thinking outside the standard verbal therapy box.
- **For supporters/carers/families:**
How can they encourage and instil more creative thinking and ways to approach wellbeing?
- **For those working with people living with BPD:**
Thinking outside the box in terms of treatment practices and methods. How can they encourage and instil more creative thinking and ways to approach wellbeing? Encouraging expression and communication in creative ways – song writing, music, poetry, letter/journal writing and non-verbal communication such as prompt/strengths cards.

The campaign is informative and educational. It was designed with co-design and co-production principles, and uses the strong voice of lived experience to promote wellbeing, positivity and hope.

The resources developed for the 2021 campaign include:

- **Website** – specially designed to support the experience of BPD in strength-based ways
- **Lived Experiences** – the voices of people living with BPD and those who support them
- **Art Gallery** – showcasing the works of people living with BPD and addressing stigma
- **Resources** – downloadable posters, infographics and social media content
- **Professional advice** – resources, research and information from leading BPD organisations

If you or your organisation are interested in being a part of the 2021 campaign, please email Karen at bpdawarenessweek@gmail.com

To submit artwork or share your experiences around ‘Discover Creative Wellbeing’ please see our Guidelines for Sharing Safely <https://bpdfoundation.org.au/2021-discover-creative-wellbeing.php>

For more information visit
www.bpdawareness.com.au