

I am changing  
the way we  
talk about  
Borderline  
Personality  
Disorder.

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

make music



self  
care  
strategies

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

self  
care  
strategies



SPEND  
TIME  
in  
nature

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

go for a walk

self  
care  
strategies



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

self  
care  
strategies



CELEBRATE  
WHAT MAKES  
YOU  
UNIQUE

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

self  
care  
strategies



paint  
your  
feelings

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

I am changing  
the way we  
talk about  
Borderline  
Personality  
Disorder.

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

make music



self  
care  
strategies

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

self  
care  
strategies



SPEND  
TIME  
in  
nature

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

go for a walk

self  
care  
strategies



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

self  
care  
strategies



CELEBRATE  
WHAT MAKES  
YOU  
UNIQUE

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

self  
care  
strategies



paint  
your  
feelings

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**