

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved



www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited

borderline personality disorder is a complex mental health issue



1. Frantic efforts to avoid real or imagined abandonment 2. A pattern of unstable and intense interpersonal relationships 3. Identity disturbance 4. Impulsivity in at least two areas 5. Recurrent suicidal behaviour, gestures, or self-mutilating behaviour 6. Affective instability due to a marked reactivity of mood 7. Chronic feelings of emptiness 8. intense anger or difficulty controlling anger 9. Transient, stress-related paranoid ideation or severe dissociative symptoms*

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

www.bpdawareness.com.au

Adolescents with BPD
should be referred to
structured
psychological
therapies that are
specifically
designed
for this age group*

*Clinical Practice Guideline for the Management of Borderline Personality Disorder.
Melbourne: National Health and Medical Research Council; 2012.



Coordinated by:
Australian BPD
Foundation Limited

BORDERLINE PERSONALITY DISORDER

AWARENESS
WEEK 2019

Best Practice Deserved

**what some people
think borderline
personality disorder
means:**



- **being irrationally over emotional and manipulative**

what it can actually mean:



- **being highly empathetic**
- **being extremely observant**
- **being beautifully sensitive**
- **being incredibly resourceful and resilient**
- **having strong emotional connections**



**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

www.bpdawareness.com.au

**Families, partners
and carers can play an
important role
in supporting recovery.
Acknowledge and
respect their
contribution**



BORDERLINE PERSONALITY DISORDER AWARENESS WEEK 2019

Best Practice Deserved

www.bpdawareness.com.au

health professionals should:
explain the symptoms,
talk about the fit of this diagnosis,
emphasise that it is not their fault,
and carefully explain that
effective treatments
are available.



**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

www.bpdawareness.com.au

Having BPD should
never be used
as a reason to
refuse
health care
to a person.



**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

**Carers
need
care
too**



**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

**“effective treatment
for BPD has emerged,
but must be combined with
compassion and
determination
to address stigma”**

Prof. Mike Hazelton

2019 BPD Awareness Week

Ambassador

www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

**“The NHMRC Clinical
Practice Guideline
was developed to
guide best practice.
People with BPD
deserve
the best”**

Prof. Mike Hazelton
2019 BPD Awareness Week
Ambassador

www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

**“BPD does not
define you.**

**You are
unique,**

**so much more
than a diagnosis!”**

**Janne McMahon
Private Mental Health
Consumer Carer Network**

www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

**“I need to start
embracing
what I can do.
I’ve realised that I’ve got
so much more
potential
than I thought.”**

{Greg}
Lived Experience
Advocate

www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019
Best Practice Deserved

**“Intervene early:
Assess and diagnose to
help young people
and families receive
evidence based
treatment and support
from the start.”**

**Dr Michelle
Townsend
Researcher**



**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

**“Mothers with BPD
are highly motivated
for treatment and treatment
provides a marvellous
flow-on effect
for their infants.”**

**Dr. Anne Sved Williams
Consultant psychiatrist
University of Adelaide**

www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

“Living with BPD
has its challenges,
I focus on **my strengths;**
adaptability,
creativity
and tenacity.”

Lorraine
BPD
Survivor

www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019
Best Practice Deserved

“Learning about BPD
and understanding the
**emotional
roller coaster**
my daughter experienced was
the first step
in starting to
**heal our
relationship.”**

{Rita}
{Mother}

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

“Letting go of **fixing...**
encouraging independence...
validating his **feelings...**
it's making a **big difference**
for both of us.”

{
Karen
Mum
}

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2019

Best Practice Deserved

“we are **smart,**
resilient,
empathetic, loving
and passionate
people who are
struggling
with an illness.”

Mahlie
Lived Experience
Advocate

www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited