

BORDERLINE PERSONALITY DISORDER

AWARENESS
WEEK 2022

SEE THE PERSON

1 - 7 OCTOBER 2022

‘BPD: See the Person’ is the national campaign focus of BPD Awareness Week 2022 (1-7 October)

People living with borderline personality disorder (BPD) often find that their diagnosis is the first and only thing other people see. The 2022 BPD Awareness Week campaign encourages everyone to *see the person* alongside their BPD diagnosis, symptoms and survival actions. We’re all complete and unique individuals, each with our own strengths and challenges.

The growing body of mental health knowledge recognises the diversity of life experiences: the role genetics can play, experiences of gender identity, sexual orientation, neurodiversity or trauma can all contribute to our well-being. It’s a universal experience to be assigned various labels throughout our lifetime - and many people living with a BPD diagnosis experience stigma. We all share the fundamental need to be treated with respect and dignity, free from stigma and discrimination.

This year’s message reminds us to look at the person alongside the labels, ask what their experiences are and how they continue to make sense of the world. For carers, family, friends, supporters and clinicians it’s a reminder that underneath negative or harmful coping behaviours a person can often be struggling. Let’s celebrate the person they are alongside their diagnosis, acknowledging their strengths, resilience and courage in order to SEE THE PERSON !

This campaign is informative and educational, having been co-designed and co-produced by the strong voices of people with lived experience to promote recovery, positivity and hope.

Resources developed for the BPD Awareness Week 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 2022 campaign, please email Karen at bpdawarenessweek@gmail.com

To share your experiences around ‘BPD: See the Person’ please see our Guidelines for Sharing Safely: <https://www.bpdawareness.com.au/share/>

For more information visit
www.bpdawareness.com.au