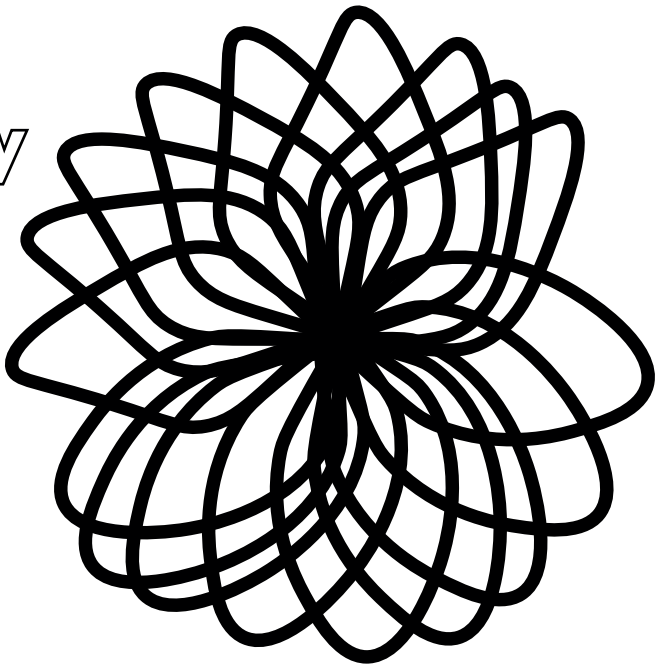


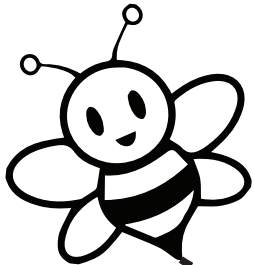
borderline  
personality  
disorder  
is a  
complex  
mental  
health  
issue



**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**



**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**

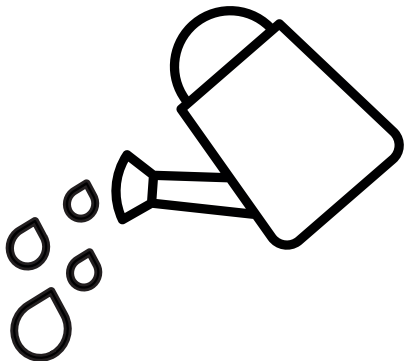


BEE KIND TO

YOURSELF

**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**

Carers  
need  
care  
too



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**



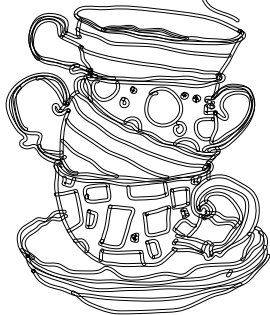
hey you,  
you are

**AWESOME**

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care  
strategies**

*tea breaks  
matter!*

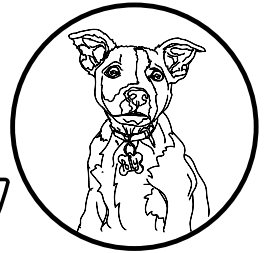


**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care  
strategies**

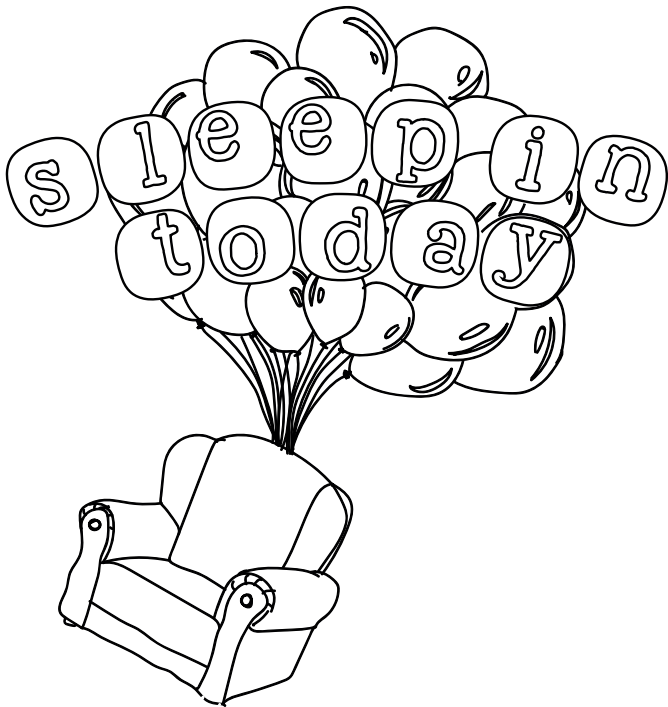


pet  
therapy



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care  
strategies**

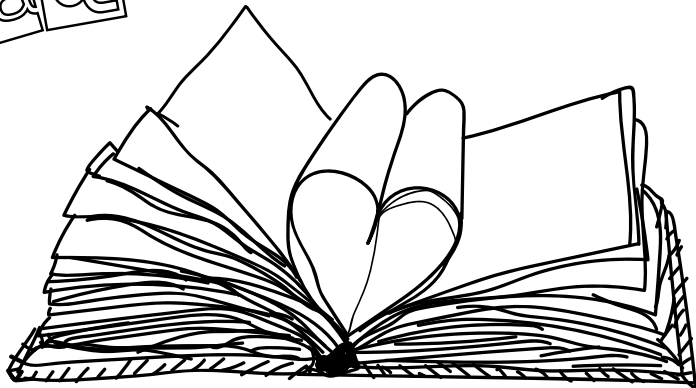


**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**



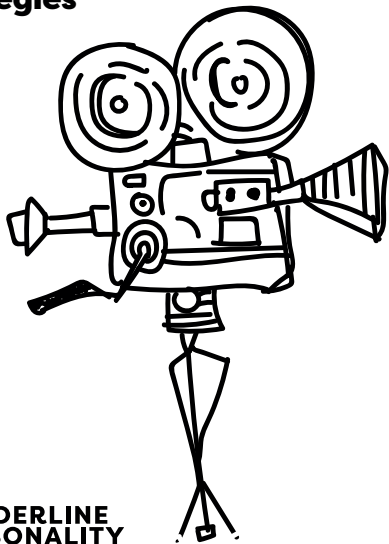
**self  
care  
strategies**

Read for fun



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care  
strategies**

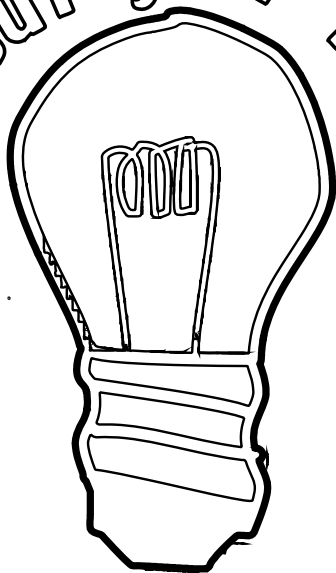


**MOVIE  
DATE**

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care**  
strategies

write out your thoughts



**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**

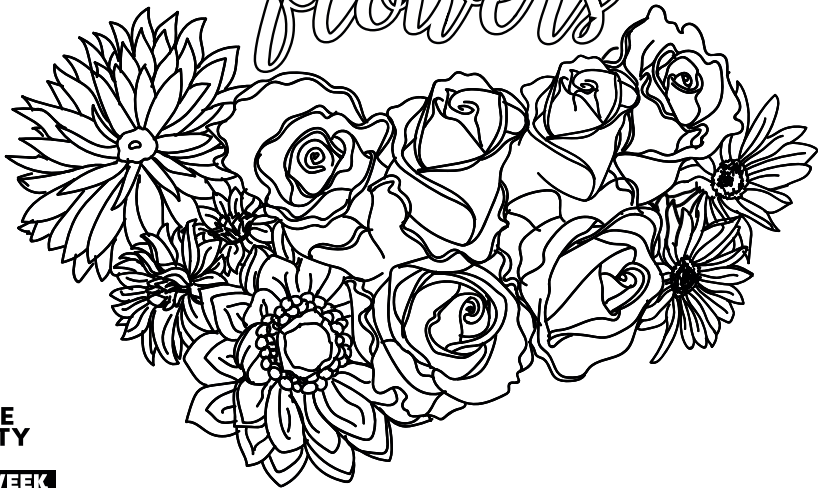
**self  
care**  
strategies



**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**

**self  
care  
strategies**

*buy yourself  
flowers*



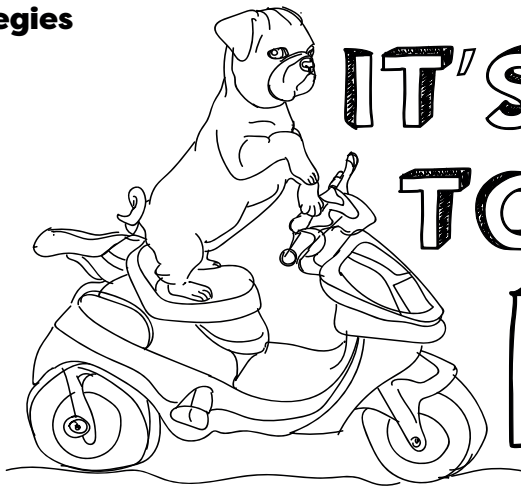
**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care**  
strategies



**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**

**self  
care  
strategies**

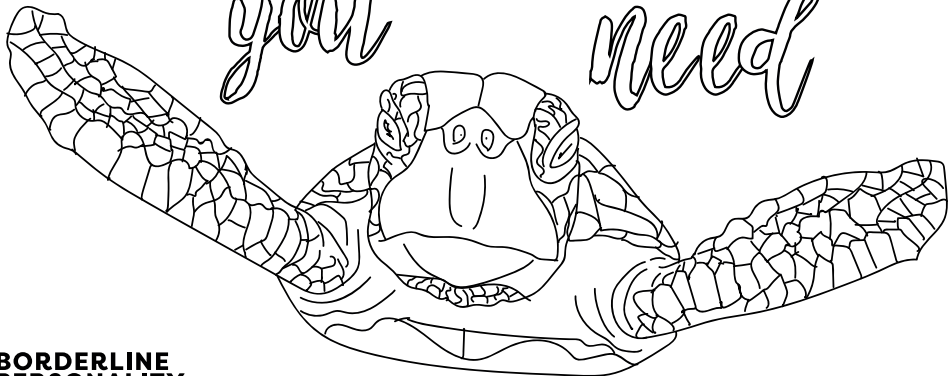


**IT'S OK  
TO SAY  
NO**

**{ BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care  
strategies**

*take the time  
you  
need*



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**



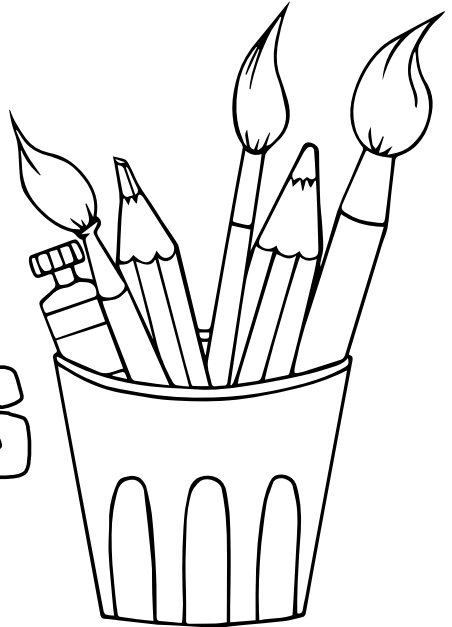
**self  
care**  
strategies



**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**

**self  
care  
strategies**

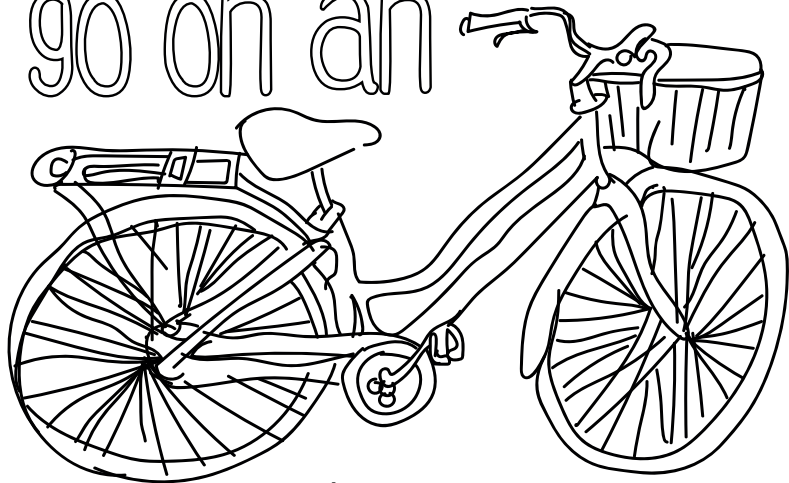
**Paint  
YOUR  
FEELINGS**



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care  
strategies**

go on an



adventure

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care**  
strategies

KEEP  
CONNECTIONS  
STRONG

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**



**self  
care  
strategies**

keep  
on  
growing



**{** BORDERLINE  
PERSONALITY  
DISORDER  
**AWARENESS WEEK**

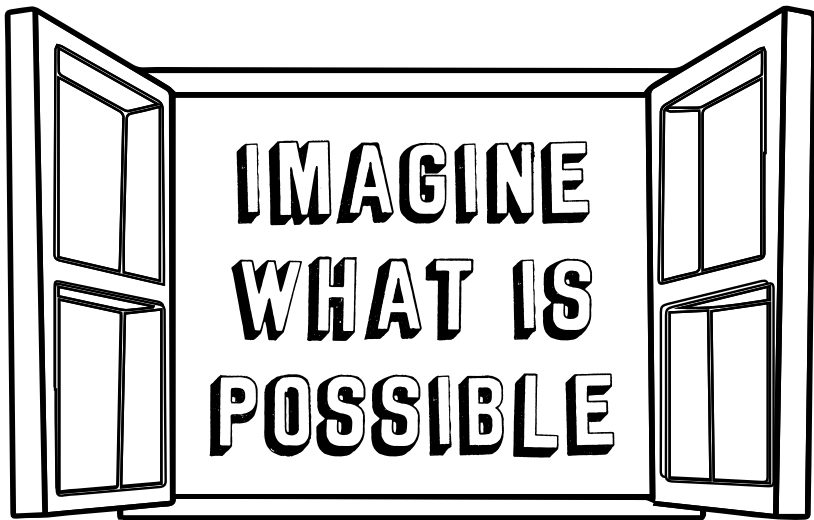
**self  
care  
strategies**



CELEBRATE  
WHAT MAKES  
YOU  
UNIQUE

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care**  
strategies



**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**

**self  
care  
strategies**



SPEND  
TIME  
in  
nature

**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**



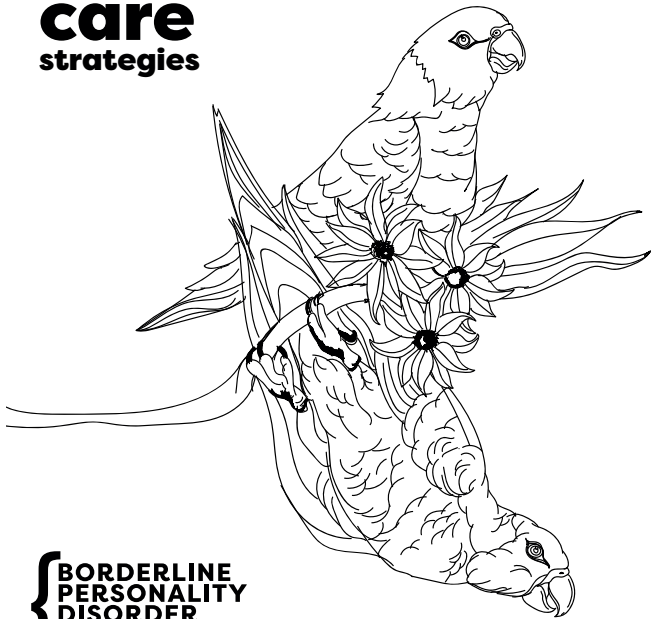
**self  
care**  
strategies

be kind  
to yourself



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care**  
strategies

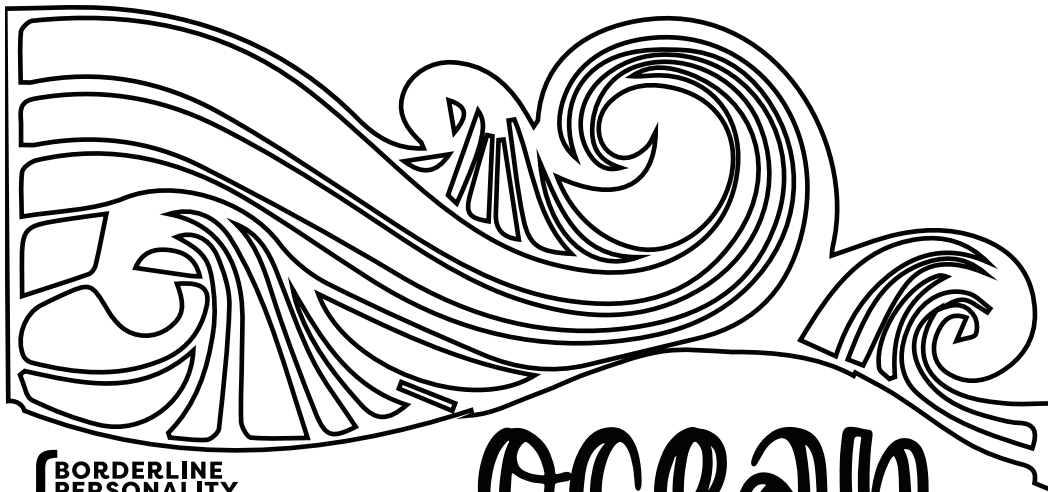


**HANG  
OUT  
WITH  
YOUR  
BESTIE**

**{** BORDERLINE  
PERSONALITY  
DISORDER  
**AWARENESS WEEK**

**self  
care**  
strategies

Swim in the



ocean

**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**

**self  
care**  
strategies

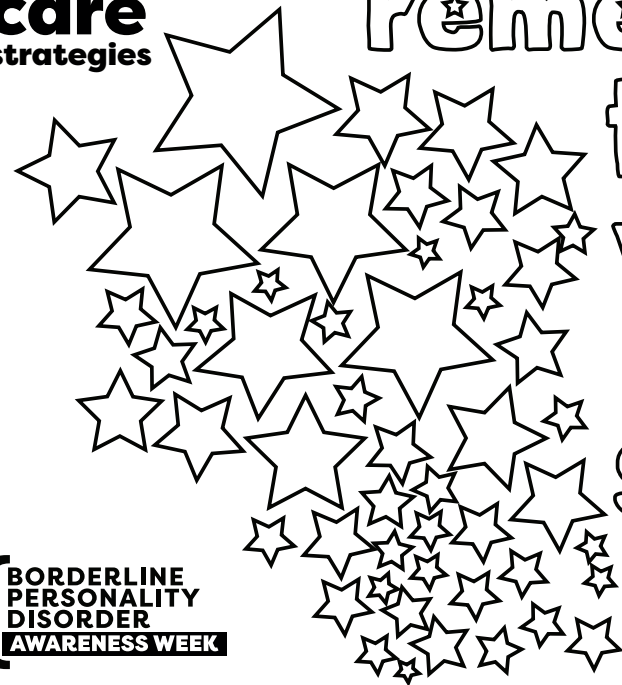
remember

to

wish

on

stars



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care  
strategies**

find the  
beauty  
in small  
things



**BORDERLINE  
PERSONALITY  
DISORDER  
AWARENESS WEEK**

**self  
care**  
strategies

embrace  
peer support+



**BORDERLINE  
PERSONALITY  
DISORDER**  
**AWARENESS WEEK**