



Borderline Personality Disorder: An Information Guide for Families

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People with borderline personality disorder (BPD) have difficulty dealing with relationships and social situations, handling emotions and thoughts, and in controlling their impulses. They may also have trouble understanding why their behaviour is causing problems. Having a family member or friend who has BPD presents unique challenges.

This booklet is for people who want to better understand and support someone who has BPD. The guide describes the symptoms and what it feels like to have BPD, and also the causes and treatment of BPD. It provides valuable guidance on how to support someone who has BPD and on self care for family and friends. Other topics include prevalence and stigma, recovery and hope.

Information about treatment resources, and suggestions of further resources are also included.

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