



Support & information for people living with a diagnosis or traits of borderline personality disorder (BPD)

Coproduced with service users, family/parent carers and Suffolk User Forum



What is borderline personality disorder?

Borderline personality disorder (BPD) is a type of [personality disorder](#). We might be diagnosed with borderline personality disorder if we have difficulties with how we think and feel about ourselves and other people. And if these difficulties make it hard to cope day to day.

People's experiences of living with BPD are different for different people. We may experience emotions that are very intense, overwhelming, or changeable. We may also experience difficulties with relationships or our sense of identity. National Minds page on [experiences of BPD](#) has more information on what it's like living with BPD.

We may also hear people use other names for BPD, such as:

- Emotionally unstable personality disorder (EUPD)
- Emotional intensity disorder (EID)
- Borderline pattern personality disorder (borderline pattern PD)

Some people find a BPD diagnosis helpful and explains much of what they have been experiencing. Other people find it an unhelpful or stigmatizing label, that implies our personality is disordered. Sometimes psychiatrists may say they have given us a 'working diagnosis of personality disorder', sometimes they say we have traits of personality disorder.

This booklet sets out local, national, and online resources that can help us to find helpful ways to manage living with some of the symptoms and experiences of borderline personality disorder. If there are resources that have helped you, please do share them with us, so we can include them in this booklet.

Local Support in Suffolk

1. **Waves** - a community service for those of us who live with complex emotional needs delivered by staff at Suffolk Mind in Ipswich and Bury St Edmunds, providing a safe, supportive, and empowering environment.

The groups meet bi-weekly and deliver a positive programme of activities when we are ready to work on new skills to help develop and maintain emotional wellbeing.

How to join Waves - We can self-refer to Waves; however, there is a waiting list.

Contact Suffolk Mind on **0300 111 6000** or send an email to waves@suffolkmind.org.uk

More information can be found on the Suffolk Mind website;
<https://www.suffolkmind.org.uk/services/personality-disorder-service-waves/>

2. **Suffolk Night Owls** - This support service is open Thursday to Sunday 8pm to 2am. We first need to register with Suffolk Night Owls at;
<https://www.suffolkmind.org.uk/services/suffolk-night-owls-telephone-support-line/>

Support line workers have access to a support plan that we write when we first register setting how we wish to be supported in a crisis - call Suffolk Mind on **0300 111 6000**.

3. **Survivors in Transition (SiT)** – for some of us who live with personality disorder, we live with a history of sexual abuse. SiT supports all genders who have experienced sexual abuse in childhood, through a range of trauma informed, psycho-educational activities including one to one and group therapy, counselling, advocacy, research, and training to become empowered and improve self-esteem and resilience.

Find out more on their website.

[Survivors In Transition | Support for survivors of childhood sexual abuse](#)

4. **Women's Lighthouse** – Domestic Violence Support, groups & importantly “The Freedom Programme” (understanding healthy relationships) **01473 745111**.
5. **Bury St Edmunds Women's Aid Centre** - Domestic Violence Support, groups, and The Freedom Programme **01284 753085**
6. **Stay Alive App - Suicide Prevention App for Suffolk**; crisis support planning, contacts, emotional distress support, family carers support. <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>
7. **Lift the Clouds** – Peer support group in Bury St Edmunds access via Facebook.
8. **Worry Tree Café** Framlingham, contact Millie **07960 193520**.
9. **Mens Advice Recovery Support (MARS) Group for men with BPD in Suffolk**.

This group provides an opportunity for men with Borderline Personality Disorder (BPD) also known as Emotionally Unstable Personality Disorder (EUPD) to come together in a safe, supportive, and welcoming space. The group meets weekly over zoom to socialise, share experiences, and offer support and encouragement to one another in a non-judgmental space. They also offer one to one support to members outside of our regular meeting via zoom or face to face at pre-agreed safe spaces, again to offer support through shared experience, encouragement and sign posting.

For more information

Tel:07762 422817 (group)

Email: marsbpdgroup@rethink.org

Rethink Website: [Men's Advice Recovery Support \(MARS\) BPD Group \(rethink.org\)](https://www.rethink.org/mars-bpd-group)

Understanding living with Personality Disorder

1. SUF - Borderline Personality Disorder Focus Booklet - Download from www.suffolkuserforum.co.uk/newsletters/suf-january-2017-newsletter/ link is <https://www.suffolkuserforum.co.uk/wp-content/uploads/2017/01/BPD-special-insert.pdf>
2. Explains borderline personality disorder (BPD), also known as emotionally unstable personality disorder (EUPD). Includes what it feels like, causes, treatment, support, and self-care, as well as tips for friends and family.
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/borderline-personality-disorder-bpd/about-bpd/>
3. Borderline Personality Disorder BPD Factsheet by Rethink
www.rethink.org/resources/b/borderline-personality-disorder-bpd-factsheet
4. Borderline personality disorder - NHS.UK
<https://www.nhs.uk/conditions/borderline-personality-disorder/>
5. Personality Disorders: key facts - Royal College of Psychiatrists
<https://www.rcpsych.ac.uk/mental-health/problems-disorders/personality-disorder>
6. Personality Disorders - Sane
https://www.sane.org.uk/wp-content/uploads/2021/12/Personality_Disorders-1.pdf

Other Websites – helpful information and support

1. **Dialectical Behaviour Therapy** website offers a free course for learning new ways to take control of our emotions, thoughts and relationships using emotional regulation, mindfulness, distress tolerance and interpersonal effectiveness skills. Find out more through this link:
[Dialectical Behavior Therapy: DBT Skills, Worksheets, Videos](#)

2. **Get Self Help** – lots of CBT information, resources, and activities to learn skills for dealing with distress, and positive steps for wellbeing.
www.getselfhelp.co.uk
3. **Training and personality disorder awareness** – Key Understanding Framework for Personality Disorders
<https://kufpersonalitydisorder.org.uk/>
4. **A guide for young people** living with borderline personality disorder.
<https://www.youngminds.org.uk/young-person/mental-health-conditions/borderline-personality-disorder/>
5. **Explore Self Compassion** - Self-compassion involves being aware of our own pain and suffering, and understanding that this is a hard, but normal human experience. Directing feelings of kindness and care towards ourselves and focusing our attention and energy on how we might alleviate our pain, are also crucial components of self-compassion. Self-compassion can bring great benefits for our mental health and well-being. The following website provide resources, workbooks, and audio sessions for developing self-compassion.
 - [Self-Compassion Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](#) workbooks, information sheets.
 - [Self-Compassion Exercises by Dr. Kristin Neff](#) Guided exercises.
 - [Compassion Focused Therapy: Resources – Midlothian Psychological Therapies Service \(nhslothian.scot\)](#) audio, video and handout resources.
 - [Microsoft Word - Clinical patient handout April 30 v2.doc \(getselfhelp.co.uk\)](#) An introduction to compassion focused exercises.
5. **Togetherall** An online community to support your mental health, 24/7. <https://togetherall.com/en-gb/>

6. **Living life to the Full** <https://littf.com/>
7. **NICE Guidelines** on Borderline personality disorder: recognition and management <https://www.nice.org.uk/guidance/cg78>

YouTube – therapeutic support videos

1. Acceptance Commitment Therapy (ACT)– Dr Russ Harris (and others).
2. ACT mindfulness.
3. Emerging Proud film – Katie Mottram – different perspective on distress, mental health, and personal transformation.
4. Crazywise - different perspective on distress, mental health, and personal transformation.
5. Explore Ted talks by Dr. Brené Brown who studies courage, vulnerability, shame and empathy.

YouTube – guided mindfulness and meditations, recommended to SUF by service users.

1. Jason Stephenson.
2. Meditations with Rasa Lukosiute.
3. The Mindful Movement.
4. Meditation Vacation.
5. Hay House meditations and affirmations.

6. Deepak Chopra.
7. The Honest Guys.
8. Michael Sealey.

Facebook groups for support, positivity and understanding.

1. Personality Disorders Awareness Network (PDAN).
2. Lessons Learned in Life.
3. themighty.com
4. Lies in Disguise – BPD & Trauma Recovery.
5. BPD Beautiful Borderline Personality Disorder Facebook page and support group.
6. One in Four Campaign.
7. Daily OM – for motivation, quotes & affirmations.

Books – a good read

1. **I feel so bad I can't go on** – This book won the BMA book award for those with suicidalisation who are finding it hard to keep their head above water. The book discusses: Tips on staying alive – even when you might not want to.
2. **Acceptance Commitment Therapy (ACT)** Dr Russ Harris.
3. **The Dialectic Behaviour Therapy Skills Workbook.**

4. **The Chimp Paradox** by Steve Peters.
5. **Louise Hay – You can heal your life** and Other Titles.
6. **Dr Susan Jeffers – End the struggle and Dance with life** (and other titles).
7. **Suffolk User Forum – Thrive with Five** series, five ways to wellbeing. [Connect](#); [Be Active](#); [Take Notice](#); [Keep Learning Give](#)
8. **LISTEN for suicide prevention by Suffolk User Forum.**

LISTEN explores ways of managing suicidal thoughts and feelings. It provides a step-by-step process for helping others connect with someone in distress, reaching out with kindness and compassion, saving lives.

Connecting and sharing our worries and thoughts can help us get through difficult times, to see our problems in a different way. It can help us to slow down our thoughts and begin to explore other solutions.

Connecting with ourselves, giving ourselves time and the belief that we are worthy of being cared about, worthy of support and help. Connecting with others, by reaching out and talking to someone we can trust. Download here [LISTEN-for-suicide-prevention](#)

Apps

The best overall resources people tell us about currently are.

1. www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/ don't think this is the right link as cannot find any apps?

This app includes: Elefriends, WRAP (wellness recovery plan); Daylio – mood diary; Five Ways to Wellbeing.

2. [StayAlive app](#) for those who are at risk of suicidal thoughts or who are caring for someone who is living with suicidal thoughts.

This app is a great tool to support you through those difficult feelings and thoughts. It is designed for us living here in Suffolk, with both local and national resources.

Find out more information about the Stay Alive app by clicking this link to the [Stay Alive Content Pack](#).



Suffolk user forum

your voice for emotional
and mental health



01473 907087



hello@suffolkuserforum.co.uk



Suffolk User Forum



@SUFMentalWealth



www.suffolkuserforum.co.uk



The New Hollies

Unit 3, Grange Business Centre
Kesgrave, Ipswich
Suffolk, IP5 2BY



Suffolk User Forum (SUF) is a
Registered Company Number
06946785 and a Charity
Number 1133457.

Copyright © Suffolk User Forum 2023

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form, other than the following. The publication can be printed for personal use only.

The publication may be shared on social media on the condition that it is shared in its entirety and acknowledge the source of the material.