

Borderline Personality Disorder is a common mental illness which can make it difficult for people to feel secure in their relationships with other people, to have healthy thoughts and beliefs about themselves and to feel in control of their emotions and impulses.

How professionals can support us effectively

We want you to know that increasing awareness, learning new skills and recognising our needs takes us significant energy, work and time. This means we may not be able to ask for help from you, in the most effective ways. We're working on it and we invite you to meet us here, as we are now, to support us on our next step towards recovery.

We can't speak for everyone who lives with BPD, our experiences are diverse. We'd like to invite you to consider our reflections about helpful approaches.

What makes a difference:

- **Respect & compassion first** for us as human beings, who are often in distress and emotional pain.
- **Connect authentically & empathically**, understanding that our relationship is important to us.
- **Be curious, seek to understand.** Not making assumptions. Broaden your comfort level when your personal values may differ from ours.
- **Hear us, affirm & validate our experience** - showing us that you don't intend to judge or correct us for being "wrong".
- **Holding space for building trust and safety** - giving us the time to share our experiences while focusing on our connection.
- **Work with us as a team** - in our recovery by creating a collaborative partnership. Understanding we may choose not to go in a direction that you suggest.
- **Consider the person within their context** - appreciating that we don't exist in isolation. Our environment and other factors impact on our health and wellbeing.
- **Foster hope & recognise strengths** by seeking them out and sharing those discoveries with us until we are able to see them for ourselves.
- **Think outside the box with us**, encouraging creativity to build our self-awareness and problem-solving skills. Presenting alternatives and reframing opportunities.

Core Principles of Care for BPD

Research of evidence-based treatments for BPD has shown there are effective approaches that promote recovery and support a person to live well. The 2023 BPD Awareness Week campaign 'Be the Difference; Principles of Care' identifies the common factors drawn from these treatments that can be easily incorporated into everyday practice.

<https://www.bpdawareness.com.au/resources/>

Why is this important?

These principles are good practice. Used in a conscious and thoughtful manner they are therapeutic and support recovery. This targets the specific interpersonal difficulties that people commonly experience.

People with living/lived experience of BPD thought about what made a difference in their care and identified these helpful responses that supported them to approach and stay engaged with services.

Keep these tips handy!

Download the screensaver here

Make a difference
BPD Awareness Week

- Respect & compassion first
- Connect authentically & empathically
- Be curious, seek to understand
- Hear us, affirm & validate our experience
- Holding space for building trust & safety
- Recognising our needs takes time
- Consider the person within their context
- Foster hope & recognise strengths
- Think outside the box with us

Download the principles of care and help make a difference in every interaction for people living with BPD
www.bpdawareness.com.au/resources/

BPD^{co} BORDERLINE PERSONALITY DISORDER BE THE DIFFERENCE

Government of South Australia SA Health

Discover more about BPD

- [BPD Diagnostic Criteria](#) – DSM-5 and ICD-11
- [What is BPD?](#) – non-pathologising fact sheet to share with consumers & carers
- [BPD Collaborative](#) – SA Health state-wide BPD service
- [Project Air](#) – research and education
- [Australian BPD Foundation](#) – information and support
- [BPD Australia](#) – families and carers