

## WHAT IS BORDERLINE PERSONALITY DISORDER

This is a medical or diagnostic term used in mental health services. This is also referred to as Emotionally Unstable Personality Disorder.

The diagnosis, when used correctly, should be regarded as formal recognition of a person's life long struggle. It acknowledges that for some people, aspects of their personality (thoughts, feelings, managing impulses, behaviour and ways of relating to others) can significantly restrict their quality of life.

Borderline personality disorder is treatable. Although associated with enduring difficulties, research suggests most people can improve and recover. Some studies indicate better relapse rates compared with other major psychiatric diagnoses.

There is no single pathway to developing personality disorder and this is unique to the individual. Most professionals agree on a 'biopsychosocial' explanation; that biological sensitivities, early experiences and social and environmental factors interact to lead to borderline personality disorder.

**Please visit [nhft.nhs.uk](http://nhft.nhs.uk) for further Personality Disorder Hub leaflets.**

With thanks to 5 Boroughs Partnership Trust now known as North West Boroughs Healthcare NHS Foundation Trust



**Northamptonshire Healthcare NHS  
Foundation Trust**  
**Personality Disorder Hub**  
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**Northampton**  
**NN1 3EB**  
**Telephone: 01604 658834**  
**[www.nhft.nhs.uk](http://www.nhft.nhs.uk)**



If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেট যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Je i šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

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**BORDERLINE  
PERSONALITY  
DISORDER**



 01604 658834

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DIFFERENCE  
FOR YOU,  
WITH YOU**

## DIAGNOSIS

A diagnosis is applied if you have at least five of the following difficulties described below and these factors are problematic, persistent and pervasive:

- A constant fear people will leave you
- Difficulty having and holding down relationships
- Feeling insecure and not knowing who you really are
- Impulsive in many areas of your life
- A history of self-harming and/or suicidal behaviour
- Emotions feel out of control and quickly changeable
- Intense feelings of emptiness especially when on your own
- Problems with intense anger or aggression
- Feeling paranoid or disconnected from things particularly when stressed.

### USEFUL INFORMATION

There is an NHS guideline for borderline personality disorder. This provides useful information on diagnosis and treatment:

[nice.org.uk/CG78](https://www.nice.org.uk/CG78)

## WHAT NEXT?

For some people having a diagnosis can help to make sense of their difficulties and help services offer you the most effective help and support.

Your care coordinator is the best person to talk to about this diagnosis if you are receiving support from a community mental health team. If you are not open to mental health services then it could be helpful to speak to your GP about being referred.

## WHAT HELP IS AVAILABLE?

The most effective care for people with BPD is in the community. The type of support offered will depend on the nature of your difficulties, as people with this diagnosis can have different levels of need.

If you receive support from a community team, there are different types of therapy available dependent on your needs. For those with significant disabling symptoms, the most effective therapies will involve going to weekly individual sessions and a group. We offer SCM and dialectical behaviour therapy (leaflets available). There are also a variety of psychological therapies available in community teams.

A community mental health team can help you to:

- Understand your diagnosis
- Develop an understanding of your difficulties including how they may have developed and what maintains them now
- Work with you towards your goals for recovery (activities, problem solving, managing emotions)
- CMHT's may offer structured clinical management which is an evidence-based community intervention
- You may be offered a psychological intervention which may take the form of consultation, group or individual therapy
- Dialectical behaviour therapy is available for a limited number of clients with significantly disabling symptoms.

## RECOVERY

Although change may be gradual, research shows people with BPD do improve over time. Improvement appears to be considerably speeded up by participating in effective evidence based treatment.

### OTHER USEFUL WEBSITES:

[mind.org.uk](https://www.mind.org.uk)

[emergenceplus.org.uk](https://www.emergenceplus.org.uk)