

WHAT IS BORDERLINE PERSONALITY DISORDER (BPD)?

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 can significantly restrict their quality of life. Borderline is one of several personality disorders.

Although associated with enduring difficulties, most people can and do improve and recover. There are now a range of treatments demonstrated to be effective and, with the right support, most people with BPD make substantial improvements over time such that they no longer have BPD. For more information see our Borderline Personality Disorder leaflet.

USEFUL INFORMATION

Please see our useful contacts sheet for further information and help for people who care for someone with BPD.

We also have the following leaflets available on our website:

[Borderline Personality Disorder \(BPD\)](#)

[Structured Clinical Management](#)



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

এই লফিলটেট যিদি আপনার অন্য কোনো ফর্ম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jei 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**

**A GUIDE
FOR CARERS**

01604 658834

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**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

WHAT CAUSES BORDERLINE PERSONALITY DISORDER

The causes of BPD are unclear. Most researchers think that BPD develops through a combination of factors, including temperament, childhood and adolescent experiences. Difficult life events such as the early loss of a parent or close family member, childhood neglect, sexual or physical abuse are common in people diagnosed with BPD, though this is not always the case.

WHAT HELP IS AVAILABLE?

For some people having a diagnosis can provide an explanation for their difficulties. It can enable them to begin the journey to understanding their difficulties and getting the right help. The diagnosis can also help services offer the most appropriate help and support.

WHAT CAN I EXPECT FROM SERVICES?

The type of support offered will depend on the nature and severity of the individuals difficulties. If the person is supported by a Community Mental Health Team (CMHT) they can provide:

- Information about diagnosis
- Help service users identify and meet their goals for recovery (e.g. increasing meaningful activities, problem solving, coping with stressful circumstances, managing periods of crisis)

- Talking therapy by attending both group and 1:1 sessions
- The most effective care/treatment for Borderline Personality Disorder occurs in the community. For some people, hospital admission can make their symptoms worse. If required, it is recommended that admissions have a clear goal (e.g. to increase understanding/assessment, or help in extreme crisis) and are as short as possible
- You can ask for a carers assessment with Northamptonshire Carers.

HOW CAN FRIENDS AND FAMILY HELP?

- Listen and try to understand. "Validation" is when the other person knows that you "get it" and can be highly effective at improving relationships
- Keep in mind that the person you care about wants very much to be loved and cared for but may not know how to ask for help
- A person with BPD is likely to feel emotionally unstable so it can help if you are able to keep calm and optimistic
- Learn about the diagnosis and find out whether there are any groups to support families and friends, as well as the person with BPD.

- Offer to find information on therapies that might work for the person with BPD
- People with BPD can have very low self-esteem, and it may help if you remind them of good things about themselves, and things that they are doing well
- Higher family member involvement has been shown to be predictive of better outcomes for the person with BPD

CARERS AND CONFIDENTIALITY

Service users are encouraged to consent to share appropriate information with carers. In the event consent is not given and there are confidentiality restrictions, carers can share their knowledge and information about the service user, access information relevant to their caring role and should be offered opportunities to discuss any difficulties in their caring role.

A carer can be anyone, and anyone can be a carer at any time; spouses, partners, children, friends, parents...