



BORDERLINE PERSONALITY DISORDER

DEPARTMENT OF PSYCHIATRY

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What helps reduce the symptoms of Borderline Personality Disorder?

There are effective psychotherapies for BPD which not only address symptoms, but have the potential to correct the brain changes associated with the disorder, including Dialectical Behavioral Therapy (DBT), Mentalization Based Therapy (MBT), and Good Psychiatric Management (GPM). Although there are no approved medications specifically for BPD, medications can help reduce some of the symptoms of BPD and may be useful tools when used together with psychotherapy.

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What to know about the causes and symptoms of Borderline Personality Disorder



What is Borderline Personality Disorder?

Borderline Personality Disorder, or BPD, is a mental health disorder that has several main features. Individuals with BPD often have difficulty in managing intense emotions, especially when they have stress in their relationships. These are other symptoms that are common in people with BPD:



What causes Borderline Personality Disorder?

Similar to many other mental health disorders, there are genetic and environmental factors that can lead to BPD. Sometimes, individuals with BPD have a history of relatives with that or other personality disorders. Environmental factors in the development of BPD may include childhood experience of abuse, neglect, or trauma. Research has shown specific changes in the brain associated with BPD that may account for intense mood episodes and impulsive behaviors.

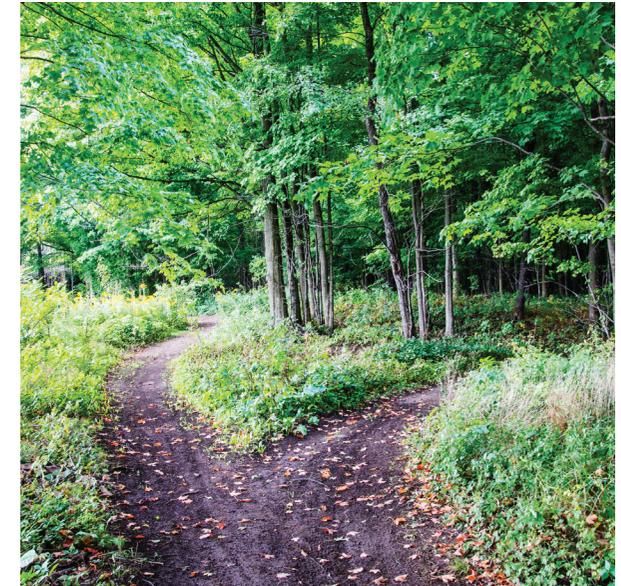
What problems can Borderline Personality Disorder lead to?

Individuals with BPD can often have unstable relationships, problems with steady employment, legal issues, self-injurious behaviors, and an increased risk of suicide or suicide attempts.

What other things are important to know about Borderline Personality Disorder?

The majority of people with Borderline Personality Disorder have been diagnosed with another mental illness. That can include Major Depressive Disorder, a Substance Use Disorder, Eating Disorder, Bipolar Disorder, Post-Traumatic Stress Disorder, or another Personality Disorder. Borderline Personality Disorder is often misdiagnosed, which is why it is important to inform your treatment provider if you believe you may have BPD symptoms. BPD can affect individuals of all genders, and usually the symptoms first begin in adolescence or early adulthood.

While more research is needed to improve our understanding of BPD, studies have shown that most people with BPD eventually get better. Therefore, there is cause for hope if you are diagnosed with BPD.



What should I do if I think I have Borderline Personality Disorder?

It is important to report your symptoms and concerns to your doctor or a mental health professional, so that you can be given an appropriate diagnosis and treatment can begin. If you are having immediate thoughts of harming yourself or others, you can contact the **988 Suicide and Crisis Lifeline by dialing 988 or visiting 988lifeline.org, text HOME to 741741 (crisistextline.org), or call 9-1-1.**

It is important to learn as much as you can about the disorder, as having more information can help. If you are concerned that you or a loved one has BPD, you can access valuable information by going to www.nimh.nih.gov and selecting "Borderline Personality Disorder" under 'Health Topics' or visit www.borderlinepersonalitydisorder.org.