



BPD
COMMUNITY



A Brighter Future

BPD Community has a vision for a Victoria free from the stigma and discrimination faced by people with borderline personality disorder.

Borderline personality disorder (BPD) is a complex, stigmatised and deeply misunderstood illness which affects one in six Victorians.

People living with BPD are at increased risk of suicide and self-harm and are 45 times more likely to commit suicide than the general population.

People with borderline personality disorder can make a good recovery and go on to lead happy, healthy and fulfilled lives but they need understanding and support in order to do so.

That's why BPD Community exists. We are a grassroots organisation that supports people living with BPD and their families and friends. We are an organisation for people impacted by BPD by people impacted by BPD.

We empower and support people with BPD to gain an understanding of the treatments and services available to them and empower and support family members and friends to advocate for and support their loved ones.

Since 2015 we have reached thousands of people in the Victorian BPD community, helping them take control of their recovery and with your support we can do so much more.

BPD Community is a trusted voice of the Victorian borderline personality disorder community.

We **provide peer support** for families and friends of people living with BPD, providing a caring and supportive environment to share experiences, advice and support. Our training program is designed to practically support families and friends in strengthening supportive relationships with their loved ones.

We have a **deep understanding** of the issues faced by people with this illness. We work hard to ensure those providing services to or working with people with BPD are made aware of the particular challenges faced by the BPD community. We deliver training to those who work with people affected by BPD.

We **advocate tirelessly** for better support, services and treatment for people with BPD to all levels of government and the medical profession. We have strong links with state and local governments and a range of health organisations that provide mental health care.

We advise and inform people with BPD, their families and friends, arming them with the tools they need to support and advocate for themselves and their loved ones. We provide informed support to those who work with people with BPD.

Why should you care?

1 in 6

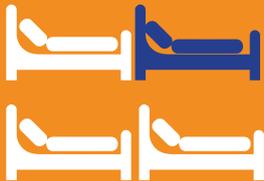
1 in 6 Victorians are affected by BPD



Between 2009-13 more than 181 Victorians lost their lives to BPD

45x

People with BPD are 45 times more likely to commit suicide than the general population



People with BPD represent a quarter of people seeking a mental health bed at emergency departments



Less than 1.5% of Victorians living with BPD receive treatment and even fewer receive holistic recovery services

Borderline personality disorder can be devastating for individuals, their families and friends, their communities and the economy.

BPD makes it difficult for people to feel safe in their relationships with other people, to have healthy thoughts and beliefs about themselves, and to control their emotions and

impulses. People living with BPD may experience distress in their work, family and social life, and may harm themselves or even tragically take their own life.

Our mental health system is letting people with BPD down: services that are meant to care and support people often stereotype, diminish and dismiss people's suffering.



“Our health system is failing people with BPD and in too many cases this failure is costing them their lives. People with BPD can recover but they need holistic support that goes beyond medical treatment. People with BPD experience immense psychological pain when recovery is possible with treatment and support.

“We want to see people with BPD provided with services that help them improve relationships with their loved ones, get back to work or study and navigate the complex and often confusing disability and mental health system.”

BPD Community Chair Barbara Mullen

Fred Grima's story

Fred Grima knows firsthand the impact borderline personality disorder can have on a family.

Fred's daughter struggled with mental health challenges for many years before finally getting a diagnosis of BPD.

This diagnosis explained some of the behaviour he had been struggling with since their daughter was a teenager.

“From my daughter's very early teenage years we struggled with our relationship, we would continually argue. She was very defiant and argumentative. She would try to self-harm by trying to cut her wrists with bits of broken glass. This was heart shattering and we were at our wits end,” Fred explained.

Although the diagnosis was a positive step, it wasn't until Fred and his wife joined the BPD Community Family and Friends program that they really began to understand what she was going through and how they could help her.

“Through the meetings, I was able to truly gain an understanding and awareness for my daughter's behavior and most importantly my own reaction to her behavior. It taught me that in order to help someone with BPD, you must first take care of yourself by understanding how to deal with it,” Fred said.

“Since joining the BPD F&F Group I am delighted to say that there has not been a single argument between my daughter and myself. Thank you BPD Community.”



BPD Community has a vision to reduce the impact of BPD

- Every Victorian with borderline personality disorder receives appropriate treatment and recovery support
- Families and friends are supported to cope with the challenges of living with BPD
- Health professionals and disability support providers are educated about the specific needs of the BPD community
- The Victorian community has awareness and understanding of BPD to reduce the stigma attached to this misunderstood condition.

At BPD Community we are focused on delivering high-quality, evidence-based support for Victorians impacted by BPD. One example of our outreach work is our Family and Friends program. Since 2015 the program has supported almost a hundred families of people with BPD, helping them to better support their loved ones.

The program provides a supportive and safe place to share experiences and develop relationships with others impacted by BPD.

When a family member or friend first attends the Family and Friends program, they often are distressed. Yet after attending the program they feel more positive and have found the experience of sharing and learning from others lifechanging.

In the last year more than 84 percent of attendees said the program had helped them feel more confident and supported, and 40 percent have noticed an improvement in their relationship with their loved ones.

This program shows why BPD Community has the potential to make a significant difference to the lives of thousands of Victorians impacted by this illness. We understand, represent and advocate for the needs of the BPD community. With your help we can help so many more families.

www.bpdcommunity.com.au

Why you should support us

BPD Community understands the challenges, stigma and discrimination people living with BPD experience because we've lived it. It's why we have the potential to make such a difference in the lives of thousands of Victorians.

Our experience, commitment and vision enables us to work with a range of stakeholders to get better health and wellbeing outcomes for the BPD community in Victoria.

We are the voice of the BPD community in Victoria and by supporting us you can ensure people living with BPD are heard.

Support us to ensure people with BPD are supported to reach their full potential.

Support us to empower the families and friends of people with BPD to better support their loved ones in their recovery. Support us to better educate health and social services professionals about the particular challenges facing people with BPD.

Support our growth so we can increase our capacity, skills and long-term sustainability so we can deliver for more Victorians with BPD long into the future.

Our Chair Barbara Mullen welcomes the opportunity to discuss our work with you in more detail and share our plans for the future.

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