

# Borderline Personality Disorder

Borderline Personality Disorder (BPD) stands at the intersection of intense emotional turmoil and heightened vulnerability. Characterized by unstable interpersonal relationships, profound mood swings, and a pervasive fear of abandonment, individuals with BPD could find themselves ensnared in a cycle of despair that can lead to suicidal thoughts and behaviors.<sup>1,2</sup>

## Signs and Symptoms

An estimated 8-10% of individuals diagnosed with BPD die by suicide—dramatically higher than the general population. Alarming, 60-70% of BPD patients attempt suicide.<sup>3,4,5</sup>

### SIGNS OF BORDERLINE PERSONALITY DISORDER CAN INCLUDE:



## Treatment

BPD treatment options are multifaceted, incorporating psychotherapy, medications, and support strategies. **The cornerstone of BPD treatment is psychotherapy**, with Dialectical Behavior Therapy (DBT) being particularly effective teaching coping skills to manage emotions, reduce self-destructive behaviors, and improve relationships. **Medication may be prescribed** to address specific symptoms such as mood swings, depression, or anxiety. Additionally, **support groups and self-help strategies** play a crucial role in providing ongoing support and improving the overall quality of life for individuals with BPD. Comprehensive treatment plans are often tailored to meet the unique needs of each patient, combining these elements to promote stability and emotional well-being.

### Ways to Support Someone Who May Have BPD

- **Encourage Professional Help:** Gently suggest that they seek help from a mental health professional.
- **Educate Yourself:** Learn about BPD to understand their experiences better.
- **Be Supportive:** Listen to them without judgment and validate their feelings. People with BPD often struggle with self-worth and fear of abandonment, so showing empathy and understanding is crucial.
- **Set Boundaries:** While offering support, it is essential to set healthy boundaries to protect your own well-being. Clearly communicate your limits and be consistent in maintaining them.
- **Encourage Healthy Habits:** Suggest and support activities that promote their mental health, such as regular exercise, mindfulness practices, and participation in support groups.

## Addressing BPD

If you are suffering from borderline personality disorder, it is crucial to recognize that help is available and recovery is possible. Here are steps you can take to manage your condition and improve your quality of life:

1. **Seek Professional Help:** Contact a mental health professional, such as a psychologist, psychiatrist, or therapist, who specializes in BPD. Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) are particularly effective.
2. **Medication:** Consult with a psychiatrist to discuss if medication might be beneficial. While no drugs are specifically approved for BPD, certain medications can help manage symptoms like depression, anxiety, or mood swings.
3. **Develop a Support System:** Build a network of supportive friends, family members, or support groups. Sharing your experiences and challenges with people who understand can provide emotional support and reduce feelings of isolation.
4. **Practice Self-Care:** Engage in activities that promote mental and physical well-being. Regular exercise, a healthy diet, sufficient sleep, and mindfulness practices can significantly improve your overall mental health.
5. **Education and Awareness:** Learn about BPD to better understand your condition. Educating yourself about the symptoms and treatment options can empower you to take an active role in your recovery.
6. **Crisis Management:** Develop a crisis plan for times when you feel overwhelmed. This plan might include contacting a trusted person, using a crisis hotline, or practicing grounding techniques to manage distress.

If you are in crisis or need mental health support, call or text the 988 Suicide & Crisis Lifeline by dialing “988” for 24/7, free and confidential support.

### Additional Resource

National Institutes of Health  
Borderline Personality  
Disorder Brochure

[www.nimh.nih.gov/health/publications/borderline-personality-disorder](http://www.nimh.nih.gov/health/publications/borderline-personality-disorder)

### References

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### ABOUT

#### OHIO SUICIDE PREVENTION FOUNDATION

Ohio Suicide Prevention Foundation (OSPF) educates, advocates for, and builds connections and support for individuals, families, and communities to prevent suicide.



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