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| **If you are in need of immediate support or medical assistance contact:**..\Website\000logo.jpg..\Website\logo_lifeline.png..\Website\logo_kidshelpline.png (for children and young people from 5-25 years)[**www.lifeline.org.au/gethelp**](http://www.lifeline.org.au/gethelp)SuicideLine Logo.png  |

**Tips for those with Borderline Personality Disorder**

## Strategies for People with BPD that may be helpful in a crisis

Remember HALT when in a crisis:

Do you feel:

* **H**ungry?
* **A**ngry?
* **L**onely?
* **T**ired?

These states can often exacerbate the emotions, distressing and negative thoughts; if it is physical (hungry, tired) meet these needs first and then see how you are feeling. If it is emotion based, try to figure out why: what am I truly feeling? Why? What can I choose to do about this feeling? Will I react or respond? Do I need to do anything about these feelings? Why did that issue cause such a strong reaction from me?

Reasons to take pause:

* You did not cause this but it is your responsibility to take control of your actions and choose how you react to a crisis
* Thoughts and emotions are not fact; although they feel very real and very powerful, they are not facts and cannot hurt you
* Being honest with yourself and those who love/support you is an important step towards recovering from BPD: always be true to yourself
* It takes more courage and strength to ask for help than it does to suffer alone: embrace the strength you have and ask for help, either professionally, from family and friends, through a support group or online
* If you are being asked to talk and you are not ready, be willing to make a time to talk: when you are ready and have quietened the emotional turmoil, share with those who support you what triggered the crisis, what you felt and what you thought. This will help them to understand how to support you and how to be there for you
* When faced with a crisis, even those without BPD have very strong emotions and often find it difficult to be calm and rational. Once you have taken some time to understand your own reaction, ask them about their feelings, thoughts and perceptions.
* Learn everything you can about BPD; understand what it is, how it affects you, what helps and what does not, what treatments and/or supports are available, what you need to do to reach recovery and what others can do to help you reach recovery. Share this information with your family, friends, support people and / or carers

# Helpful Websites for People with BPD:

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| Australian BPD Foundation (AUS)  | <http://bpdfoundation.org.au> |
| Spectrum Personality Service (VIC)  | [www.spectrumbpd.com.au](http://www.spectrumbpd.com.au) |
| Borderline Support (VIC)  | [www.borderlinesupport.com.au](http://www.borderlinesupport.com.au) |
|  | [www.facebook.com/BorderlineSupport](http://www.facebook.com/BorderlineSupport) |
| The Shack (VIC)  | [www.mjtacc.com](http://www.mjtacc.com) |
| Project Air Strategy (NSW)  | <http://ihmri.uow.edu.au/projectairstrategy>  |
| Suicidal Support & Outreach  | [www.facebook.com/suicidalsupport](http://www.facebook.com/suicidalsupport) |
| National Education Alliance for BPD (USA)  | www.borderlinepersonalitydisorder.com |
| BPD Central (USA)  | [www.bpdcentral.org](http://www.bpdcentral.org) |

**Telephone Counselling Services:**

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| **Lifeline** – 24 hour counselling service: | 13 11 14 |
| **Kids Help Line** - confidential & anonymous telephone and online counselling for young people aged between 5 and 25: | 1800 55 1800 |
| **Suicide call back service** - (free nationwide telephone support service for people at risk of suicide, their carers and those bereaved by suicide). | 1300 659 467 |
| **MensLine Australia** - (free national telephone support, information and referral service for men with family and relationship concerns.) | 1300 78 9978 |