

Take Borderline Personality Disorder Seriously Campaign! May 22 to June 2, 2017

Task: Tell Members of the U.S. House of Representatives to Sign Rep. Comstock's Congressional Letter Asking Federal Agencies to Identify Borderline Personality Disorder (BPD) as a Serious Mental Illness

Why is this important? Request the federal government agencies responsible for mental health programs (SAMSHA, CDC and NIMH) acknowledge BPD as a serious mental illness. This will legitimize BPD, and open the doors to federal grants available to other mental disorders.

What do you have to do?

1. **Locate your Representative.** Go to <http://www.house.gov/representatives/find/> to find their phone number.
2. **Make the call.** Ask for the name of the staffer who handles health policy, and ask to speak to him/her. Tell them that you are calling to ask the Congressman/woman to sign the open letter from Rep. Comstock to advocate for BPD as a serious mental illness.
3. **Tell them a short personal story of why this is important to you and how you have been impacted by BPD.** Speak very concretely about how more federal government dollars will help those with BPD get support, resources and treatment. Phone conversations should be brief and to the point.

Example: *"I am fighting to keep my (self/daughter/brother/spouse/friend) alive and healthy. He/she is dealing with the devastating effects of borderline personality disorder and has experienced symptoms such as _____. The federal government acknowledging BPD as a serious mental illness will help me by _____.* The average Congressional district has thousands of people just like me impacted by this disorder. Some of them sadly lose their lives to overdose or suicide because they can't get help. If the Congressman/woman signs Rep. Comstock's letter, it will mean more treatment and resources for my family. Will please he/she sign it? Thank you so much for your time and support!"

4. **Follow-up:** If you are directed to voicemail, follow-up with an email. Then call or email again. For House email, the formula is FirstName.LastName@mail.house.gov. For example, if Jane Doe works in the House, her email address is likely Jane.Doe@mail.house.gov.
5. **Report back.** Provide feedback to Emotions Matter on your conversation here: <http://bit.ly/2qMtmVP>
6. **Post support on social media.** Post messages on Facebook and Twitter using the hashtag #BPDAwarenessMonth. Thank Rep. Comstock for her support, and encourage other members of Congress to join her.