Fear of abandonment and impulse to destroy relationships
Sudden overwhelming anger seemingly out of nowhere
Suicidal thoughts and thoughts of self-harm
Urges to manipulate others, challenges forming and keeping healthy relationships
Behavioral health hospital trauma due to prior hospitalizations
Burning through friends, partners, and social groups; isolation
Attraction to risky substance use and other impulsive behaviors
Dissociative episodes, feeling empty and "unreal"
Challenges living a stable life as they repeatedly reinvent their personality
Rapid switching between idolizing and demonizing friends and loved ones

This journey of navigating your loved one’s BPD diagnosis may look daunting at first. Yet, it can help to shift that compass and look at this journey as an opportunity for GROWTH. On this journey, you can NURTURE your relationship with your loved one AND yourself.

Supporting Your Loved One
You and your loved one are embarking on a growth journey and will navigate their diagnosis TOGETHER. Be PATIENT with your loved one AND yourself as you learn which coping strategies are most helpful.

The greatest gift we can give our loved ones is ACCEPTANCE of what they are going through in the moment. To help them you can also practice boundary-setting, utilize outside help, and take care of YOU! It will empower you BOTH on this journey for you to give yourself love and rest. YOU will be more able to give the care they need and THEY will witness your self-care example.

You can also provide your loved with resources. **See the next page for ways to help manage BPD.**

If you are currently experiencing a crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741-741.
NAVIGATING THE JOURNEY AS A CAREGIVER

Your loved one has a diagnosis of BPD.

What's next?

Resources for You and Your Loved One

- The National Institute of Mental Health on BPD
- The National Alliance on Mental Illness (NAMI) on BPD
- BPD information from Mental Health America (MHA)
- NAMI on BPD stigma within the care industry
- Bearable, the mood and symptom tracker app for reflecting on patterns
- Calm Harm, the app for self-harm prevention and harm reduction
- MHA’s list of national warmlines for non-crisis suicidal thoughts
- Recordings and handouts for families of BPD persons from the National Education Alliance for Borderline Personality Disorder
- 5 ways to set boundaries with BPD teens from Borderline Personality Treatment
- 14 ways to manage BPD anger swings by VeryWellMind
- The Suicide Prevention Lifeline
- Exploring Your Mind on psychological techniques for impulse control
- Healthtian on practical self-care tips for BPD
- Psychology Today’s overview on the most effective therapy method for BPD
- BPD regulation exercises, skill training and worksheets from DialecticalBehaviorTherapy.com
- The Dialectical Behavior Therapy provider search engine by DBT Providers
- A self-guide on coping with current feelings by Mental Health is Health

Preventing Caregiver Burnout

We give our BEST care when we are also taking care of ourselves! Make time to recharge, even with a short moment that’s just for YOU. Connecting with other caregivers is another powerful form of self-care. Learn more about our One-to-One Caregiver Peer Support program on our website.

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