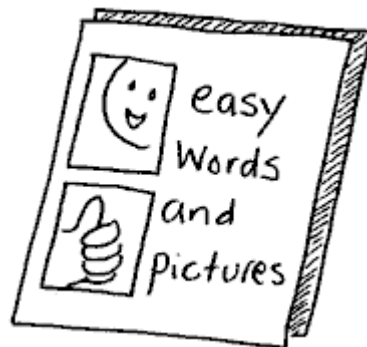


Borderline personality disorder



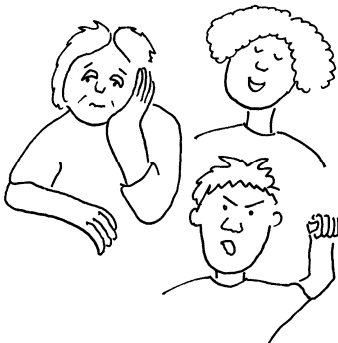
Easy read
information

What is borderline personality disorder?

Our personality is made up of our thoughts, our feelings and our behaviour. These things make us what we are:



What we are thinking about is a part of our personality.



What we feel is a part of our personality. We might feel happy or sad or excited.



How we behave and the things we do are a part of our personality.

Understanding borderline personality disorder



Someone has borderline personality disorder when parts of their personality are causing problems.

If you have borderline personality disorder you may have many problems:



You may feel very scared of being on your own.



You may feel sad a lot of the time.



You may feel very worried.



You may feel very annoyed a lot.



You may have difficult relationships with your friends and family.

Sometimes you think a person is great and sometimes you think they are horrible.

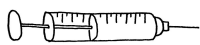


You may try to hurt yourself, for example by cutting yourself.

You may do things you feel you cannot stop:



You may feel very angry. You may argue or fight with people.

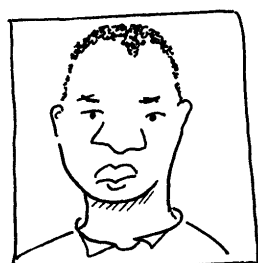


You may behave in ways which cause you harm. You may spend lots of money or take drugs. You may eat too much.

Who gets borderline personality disorder?



Most people with borderline personality disorder are women.



Men can have borderline personality disorder too.

Why do some people have borderline personality disorder?



Lots of people with borderline personality disorder had problems when they were children.



Sometimes people have problems because somebody died or they were hurt by someone.

There are lots of organisations which can help you. Here are some useful telephone numbers.



MIND

☎ 0845 766 0163

🌐 www.mind.org.uk

The Samaritans

☎ 08457 909090

🌐 www.samaritins.org

NHS Direct

☎ 0845 46 47

Crisis Line

☎ 0800 028 8000

If you would like this leaflet in another language, Braille, large print or audio, contact 020 8772 5532

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