



Indicates specific advice for Aboriginal and Torres Strait Islander people.



Indicates specific advice for people from culturally and linguistically diverse communities.

What is it? (signs and symptoms)

Borderline personality disorder is a mental health condition.

People with this condition may have impulsive behaviour and feel insecure. They may find it hard to manage their emotions, impulses and moods. They might not be able to keep a stable self-image or relate well to others. They often have difficulties maintaining healthy relationships.

While borderline personality disorder can be confusing and distressing, treatment and support will help most people to recover well.

How can my GP help me? (treatment and management)

It is important to see a GP who you are comfortable with and who you trust. Your GP will talk to you about the next steps and your treatment options.

This may include:

- Referring you to a psychiatrist or psychologist
- Medications
- Encouraging a healthy lifestyle
- Giving you resources and support options
- Talking to you about different therapy options
- Developing a mental health plan with you
- Helping you develop a crisis or safety plan
- Supporting and giving information to your loved ones and/or carers (with your permission)

How can my GP help me in future?

Your GP will see you regularly to monitor your health.

If your symptoms aren't improving, or if you're feeling worse, you might need to see your GP more often.

Your GP will talk to you about your response to your treatments, medications and possible side effects. You can also ask your GP for a referral to a psychiatrist or other mental health professional.

When should I call an ambulance?

If you are concerned that you or someone else is in immediate danger, or if there is immediate risk to your safety, phone Triple 0 (000) immediately.



Some questions you might like to ask your GP or other mental health professionals:

- What's the most likely cause of my condition?
- Would medication help me and what are my medication options?
- What are the possible side effects of medications?
- Who do I speak to if I need to talk to someone about my health?
- What treatments would help me?
- How often do I need to make appointments?

What can I do?

As well as following your agreed treatment plan, you might want to keep a diary to track changes in your mood and other symptoms. Develop strategies with your GP and/or mental health professional to help manage your condition.

Alcohol and other drugs can make you feel worse. Talk to your GP about how they can support you to reduce or quit.

Eating a healthy diet, getting regular exercise, taking time to relax and maintaining good sleep habits can also help. If you smoke, talk to your GP about support to reduce or quit.

Take time to do activities you value. Connect with people you have positive relationships with.

What supports are available?

Emergency support

If you are concerned that you or someone else is in immediate danger, dial **Triple Zero (000)** urgently.

Treatment support

Find local services in your area:

- Armidale, Tamworth, New England, North West
- Central Coast
- Lower Hunter, Maitland, Cessnock, Dungog
- Manning, Great Lakes, Taree
- Newcastle, Lake Macquarie, Port Stephens
- Upper Hunter

Further reading

- **MindHealthConnect** – Borderline personality disorder mindhealthconnect.org.au
- **Sane Australia** – sane.org
- **Head to Health** headtohealth.gov.au
- **Health Translations** – What is a personality disorder? healthtranslations.vic.gov.au 
- **Beyond Blue - safety planning**
www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning

Crisis support

There are many telephone, online counselling and crisis services available.

These services allow you to access immediate support, at any time of day or night, without having to wait for an appointment or when it's difficult to access your regular healthcare provider.

- **Lifeline:** phone **13 11 14** or visit lifeline.org.au for online crisis support chat
- **Kids Helpline:** for children and young people aged 5 to 25 – phone **1800 55 1800** or visit kidshelpline.com.au for webchat or email support
- **Mental Health line:** phone **1800 011511**
- **Suicide Call Back Service:** phone **1300 659 267** or visit suicidecallbackservice.org.au

Family and Carer Support

- **Sane Australia** – Online carer's forum
www.sane.org
- **Children of Parents with a Mental Illness**
copmi.net.au
- **Mental Health Carers NSW**
www.mentalhealthcarersnsw.org