

# **MAY is Borderline Personality Disorder Awareness Month\***

## ***Why learn about Borderline Personality Disorder?***

Odds are that you know someone who has Borderline Personality Disorder.

## ***What is it?***

Borderline Personality Disorder (BPD) is a prevalent, yet misunderstood mental illness. It is often thought to be an emotion regulation disorder.

## ***What are the symptoms of BPD?***

Symptoms include impulsive behaviors such as bodily self-harm and substance abuse, chaotic relationships, unstable self-identity and moods, often including intense anger. Ten percent of individuals with BPD commit suicide, making this disorder a leading cause of suicide.

### **Some Facts**

- **1 in 50 people suffer from BPD— 4 million adults and adolescents**
- **BPD is as common as bipolar disorder and schizophrenia, but is less recognized**
- **17% of people in prison have BPD**
- **Compared to other disorders, BPD is at least two decades behind in treatment options, research and family education**
- **There is no FDA-approved medication for the treatment of BPD**
- **Specialized treatments for BPD are not readily available**

## ***Increasing Awareness of BPD***

*"Raising awareness of this disorder is an important first step toward getting the recognition and research dollars that, hopefully, can help future victims and their families avoid the enormous suffering this disorder causes."*

— US Congressman Tom Davis (R-VA)

## **Awareness Brings HOPE**

**To learn more about BPD visit the National Education Alliance for Borderline Personality Disorder at [www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com), or the National Alliance on Mental Illness at [www.nami.org](http://www.nami.org)**

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\* The US House of Representatives passed the Resolution, H. Res. 1005, on April 1, 2008 supporting the designation of May as Borderline Personality Disorder Awareness Month.