Impulsive and risky behaviour, such as having unsafe sex, gambling, excessive substance use or binge eating.

Unstable or fragile self-image.

Unstable and intense relationships.

Up and down moods, often as a reaction to interpersonal stress.

Suicidal behaviour or threats of self-injury.

Intense fear of being alone or abandoned.

Ongoing feelings of emptiness.

Frequent, intense displays of anger.

Stress-related paranoia that comes and goes.
If you think you have BPD, here are some things you can try:

- Talk to a trusted person about your overwhelming feelings.
- Try breaking difficult tasks up into 5-minute chunks. Do them one little step at a time.
- Keep a mood diary so that you can discover a pattern of what situations are particularly difficult for you.
- Plan ahead for such difficult, stressful situations.
- Practise mindful meditation to calm your mind and feelings.
- If you are strongly suicidal, contact emergency services immediately.

If you suspect a friend or family member has BPD, you can:

- give them a listening ear.
- help them to identify patterns in their behaviour.
- help them to rehearse how to get through stressful situations.
- connect them to mental health professionals or emergency services, if necessary.

Finding help at Monash

In MUM, the following people are trained in helping personality disordered clients:
Clinical Psychologists (assessment & treatment)
All Counsellors (treatment)*
*You do not require a formal diagnosis for treatment to begin.

To find out more about BPD, visit these links

https://www.helpguide.org/articles/mental-disorders/borderline-personality-disorder.htm