

What is Borderline Personality Disorder (BPD)

Borderline Personality Disorder (BPD) is a complex mental illness that is often misunderstood. People with this disorder are frequently discriminated against and stigmatised.

Symptoms for people with this illness include emotional distress, self-harm, difficulty relating to others and the world around them. This can be very distressing for the person and for people close to them.

Currently between 2% and 5% of Australians, that's 440,000 to 1,100,000 individuals are affected by BPD at some stage in their lives. The symptoms of the disorder usually first appear in mid to late teens or in early adulthood, with women three times more likely to be diagnosed with BPD than men.

The causes of BPD are not fully understood. They are likely to involve biological, social and/or environmental factors. For some people these factors may relate to childhood experiences of trauma or neglect.

Contrary to common belief, people with BPD can recover! With early diagnosis, appropriate treatment and support the prognosis for people with BPD is positive.

Having BPD is not deliberate; it is an illness people do not choose to have. And, people can recover!