

Personality Disorder: Useful Sources of Information

Leaflets:

- Mind leaflets on personality disorders, and borderline personality disorder in particular.
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Books:

- [I hate you, don't leave me. - Kreisman, J. J. \(1991\)](#) - Often recommended for BPD patients as 1st book on the subject, but now quite dated as knowledge and practice has advanced.
 - [Stop walking on eggshells. Taking your life back when someone you care about has BPD - Mason, P.T., Kreger, R. \(1998\)](#) - Seminal book for friends/family of those with BPD.
 - [Voices beyond the border: living with borderline personality disorder. - Robinson, L, & Cox, V. \(2005\)](#) - Viewpoints from those affected by BPD: sufferers, loved ones, workers.
 - [Borderline personality disorder demystified. - Friedel, R., Hoffman, P.D., Penney, D., & Woodward, P. \(2004\)](#) - Discusses explanations for BPD using laymen's terms for easy understanding. (See www.bpddemystified.com)
 - [The Borderline Personality Disorder Survival Guide- Everything you need to know about living with BPD – Chapman, A., & Gratz, K., & Hoffman, P. \(2007\)](#). Recent book with up-to-date information about BPD, causes, symptoms, related problems, treatments.
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Websites:

Mental Health in General

- www.mind.org.uk -This site has a lot of information about mental health problems and associated issues, and contact details can be found for local Mind services.
- www.psychcentral.com -Run by mental health professionals, this site has information on a number of mental health issues and problems.

Borderline Personality Disorder Information and Support for Patients

- <http://www.bpdworld.org> –This UK website was set up by a sufferer of BPD to offer support to others with this disorder. It has information about BPD and other mental health problems or related issues, online support via forums, chat rooms, blogs, email support, a phone helpline (although this is charged for I think) and more.
- <http://www.borderlineuk.co.uk> – Another good UK website with information about BPD, online support through Yahoo groups (message board and chat room) and a pen pal service for those without the internet. There are also lots and lots of links to further sources of information of all sorts so a good starting point.
- <http://www.bpdcentral.org.uk> – This site was set up by someone who lives with somebody with BPD. It provides information, resources & online support for those with BPD, friends or family.
- <http://health.groups.yahoo.com/group/borderline/> -Yahoo Group where they can mutually support each other- only for those diagnosed with borderline personality disorder.

Support For Friends and Family

- www.bpdresources.com - American site with a lot of articles & links for carers of BPs.
 - www.bpdfamily.com – Another American site used worldwide to support carers of BPs.
 - <http://uk.groups.yahoo.com/group/bpdcarers/> - A Yahoo Group community for friends and loved ones of BPDs to support each other and share stories.
 - <http://groups.msn.com/BPDPartners/> - MSN support group for those in a relationship with someone diagnosed or suspected to have borderline personality disorder.
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E-training:

- www.frontline-training.org – Online training for health staff in dealing with those that have personality disorder. Uses scenarios to test the user's skills.