

Borderline Personality Disorder Resources



COMMUNITY RESOURCES and SUPPORT GROUPS

Families In Touch

This is an ongoing support group for family members and friends of adults with a mental illness. It is sponsored by Mental Health America of Franklin County. It is not specific to BPD but covers all diagnoses. For information and meeting times and locations, call Mental Health America of Franklin County at (614) 221-1441 or visit their website at www.mhafc.org.

Mental Health America of Franklin County

MHAFC provides information and referral to community mental health services. They are one of 340 local affiliates of the National Mental Health America. They provide advocacy and education about mental health and mental illness. The Ombudsman for the Franklin County system works for MHAFC. His job is to help consumers and family members who are having problems. He can be reached at (614) 242-4357. MHAFC also provides support groups for families and people with mental illness, media outreach, and parenting newsletters. For more information, see their website at www.mhafc.org, or call them at (614) 221-1441.

NAMI Franklin County (National Alliance on Mental Illness)

This is the local affiliate of NAMI. It is active in education, support and advocacy for persons with severe mental illness and their families. In addition to monthly meetings, it offers a FREE 12-week class "Family-to-Family" for family members who have a loved one with a mental illness, and also "Hand-to-Hand," an 8-week class for families who have children with a mental illness. These classes cover mental illnesses in detail explaining symptoms, causes, treatment as well as self-help and are designed for caregivers of someone who has a mental illness. For the most current information on these courses, call (614) 262-0114.

Suicide Prevention Hotline (phones answered 24-hours a day): **(614) 221-5445**

INTERNET WEBSITES

www.borderlinepersonalitydisorder.com - This is the website for the National Education Alliance for Borderline Personality Disorder, NEA-BPD.

www.bpdcentral.com – This is a general site devoted to borderline personality disorder.

www.mhafc.org – This is the website of Mental Health America of Franklin County. It provides information on mental health and resources for Franklin County. It also provides advocacy information on issues affecting Ohio. It has a comprehensive list of fact sheets available on all diagnoses.

www.mentalhealthamerica.net – This is the national website for Mental Health America. It provides very useful information on mental illnesses, advocacy, latest research on depression and a lot more.

www.nami.org – This is the national website of NAMI, with general information on mental illness, advocacy and research.

www.namifc.org – This is the website of NAMI Franklin County. It provides information on mental illnesses, FREE education classes and support for family members and FREE monthly meetings, plus a whole lot more.

www.ohiopsych.org – This is the website for the Ohio Psychiatric Physicians Association. It provides information for Ohio's psychiatric physicians and their patients on issues related to mental illness.

www.healthyminds.org – This is the American Psychiatric Association's consumer-oriented website that seeks to inform and educate the public about mental health treatment and resources.

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BOOKS

Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD

Written by Robert O. Friedel, M.D.

Dr. Friedel, a leading expert on the disorder and a pioneer in its pharmacological treatment, turns his extensive knowledge and personal experience into a useful and supportive guide for everyone living with and seeking to understand this condition. In simple terms, Dr. Friedel explains the nature of this illness, the factors involved in its diagnosis and the most effective ways to cope with it. This book is essential reading for everyone diagnosed with BPD, those who think they might have the illness, and friends and family who love and support them.

Stop Walking On Eggshells; Coping When Someone You Care About Has Borderline Personality Disorder

Written by Paul T. Mason and Randy Kreger

This book is a self-help guide that helps the family members and friends of individuals with borderline personality disorder (BPD) understand this self-destructive disorder and learn what they can do to cope with it and take care of themselves. It is designed to help them understand how the disorder affects their loved ones and recognize what they can do to get off the emotional roller coaster and take care of themselves.

Get Me Out Of Here; My Recovery From Borderline Personality Disorder

Written by Rachel Reiland

This book is a first-person account of one woman's story of her life and eventual recovery from borderline personality disorder. She is an accountant and mother of three children. This covers her all-too-familiar episodes of anorexia, promiscuity, impulsiveness, suicide attempts, institutionalization in a mental hospital, and often unrelenting, anger-intensive, violent, and unpredictable behavior.

8/2007

This resource sheet was developed for educational purposes and is not meant to serve as an endorsement. Information may be subject to change.

Educating Patients on Mental Illnesses and Community Services

A Joint Educational Collaboration Between



www.ohiopsych.org



www.mhafc.org



www.namifc.org