

Borderline Personality Disorder Resources



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.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.

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.

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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

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www.ohiopsych.org



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