

# How can I access this Support Group

If you would like to register for this support group you can contact us on  
42 833993.  
42 833499.

Carers do not need to attend all group meetings but registration of the group is essential for communication purposes so they can be notified of any changes to the group.

An appointment can be made to see one of our Carer Counsellors if you feel this may be helpful to you.



To register or to find out more information on our Borderline personality Disorder support group for carers Please contact ARAFMI below.

Phone: 42833993

42833499

[www.arafmiillawarra.org.au](http://www.arafmiillawarra.org.au)

**1st Tuesday of the Month  
5.30pm– 7.30pm**

For information and resources on  
BPD go to  
[https://ihmri.uow.edu.au/projectairstrategy/  
index.html](https://ihmri.uow.edu.au/projectairstrategy/index.html)

<https://www.bpdaustralia.com>

*Caring for Carers*



ARAFMI ILLAWARRA

**Mental Health Carers  
ARAFMI Illawarra  
17 Princes Hwy  
Fairy Meadow.  
(Opposite Woolworths)**



## **MY SANCTUARY**

A Support Group for Carers  
who have a  
family member living with  
Borderline Personality  
Disorder  
or other  
Personality Disorders.

*Caring for Carers*



ARAFMI ILLAWARRA

# What is Borderline Personality Disorder (BPD)

Borderline Personality Disorder (BPD) is a complex mental disorder that affects people's thoughts, emotions and behaviors, making it difficult to cope in all areas of life.

The core features of BPD are intense, uncontrollable emotions, a pattern of troublesome relationships and a disturbed sense of self or identity. People with BPD may appear to lead chaotic lives, act impulsively or intentionally harm themselves as a method of coping.



BPD can be difficult for other people to understand, and people with this disorder are often unfairly stigmatized.

Even the name can be confusing, as it was originally named because the symptoms seemed to be 'on the border' between psychotic and neurotic disorders.

However, many health professionals agree it needs a more appropriate name. Some people who have this disorder have said they would prefer to be known as having a highly sensitive soul, and more often than not BPD is associated with Complex Trauma.

# Who is a Carer ?

Supporting someone with a personality disorder can be a challenging experience.

Sometimes there is an initial shock when you first learn of their problem and you may find it difficult to make sense of your own feelings. Other times it is a relief to know what the problem is, because it has been around for a long time without proper treatment. In fact, the whole experience can be overwhelming and may bring up many questions and sometimes even fewer answers. This is not an unfamiliar experience. Many others have described feeling this way



ARAFMI understands the dynamics of caring for a person with a mental illness. ARAFMI is a service striving to support carers and the specific support needs of family members, in order to reduce the potential negative impact of the illness and promote mental health and wellbeing.

# What does ARAFMI Illawarra provide?

## Services provided by ARAFMI Illawarra

- Carer Check Up's
- Face to face Counselling & Support
- Telephone Counselling & Support
- Support Groups
- Education and Community Awareness
- Carer Empowerment Programs
- Advocacy
- Information and Resources
- Referrals

## ARAFMI is also concerned with issues relating to mental health such as:

- Quality of, and access to treatment
- Supporting families at discharge
- Support and education of carers
- Rehabilitation
- Housing
- Employment
- Financial security
- Reducing Stigma

