

BPD Awareness Week Resource Pack 2018 - KNOW BPD, NO STIGMA

Please find below a list of comprehensive resources and tools to help provide a gold standard of treatment for people diagnosed with BPD.

Facebook

<https://www.facebook.com/BPDawarenessweek>

Instagram

<https://www.instagram.com/bpdawarenessweek>

Infographics that provide education and dispel the myths surrounding BPD

https://www.bpdawareness.com.au/wp-content/uploads/2018/09/posters_infog.pdf

Quotes and Lived Experience – The voices of our consumers, carers and clinicians

https://www.bpdawareness.com.au/wp-content/uploads/2018/09/posters_quote.pdf

Self-care Strategies – some self-care ideas for those who are struggling Download the self-care pack

https://www.bpdawareness.com.au/wp-content/uploads/2018/09/posters_selfcare.pdf

The Service support – posters to show clients you support people with BPD Download the service pack

https://www.bpdawareness.com.au/wp-content/uploads/2018/09/posters_services.pdf

Shareable social media graphics

<https://www.dropbox.com/sh/0prrtmisc0o2uj6/AACiisyvBAsT4DSKzF8OdQlfa?dl=0>

Fact sheets on BPD, information for families, parents, young people and schools

<https://www.projectairstrategy.org/mpafactsheets/index.html>

Strategies for Self Care by a lived experience advocate (colour it in!)

<https://graphicsforgoodmi.files.wordpress.com/2018/09/selfcarestrategies.pdf>

Petition to increase Medicare funded services for BPD to 40 year:

<https://www.change.org/p/greg-hunt-mp-federal-minister-for-health-increase-medicare-funded-visits-for-bpd-and-other-complex-mental-health-conditions>

Australian BPD Foundation

<https://bpdfoundation.org.au>

NEA.BPD Australia

<https://www.bpdaustralia.org>

Orygen Youth Health

<http://www.oyh.org.au>

Spectrum Victoria

<https://www.spectrumbpd.com.au>

Mental Health Carers NSW

<https://www.mentalhealthcarersnsw.org/about-us/australian-borderline-personality-disorder-foundation-nsw-branch>

Project Air Strategy

<https://www.projectairstrategy.org/index.html>

Australia and New Zealand Service Directory

<https://www.projectairstrategy.org/servicedirectory/index.html>