

Contents

Organisations	1
Emergencies and Helplines	5
Publications	9
Education - Family Connections from NEA.BPD	9
Assistance	10

Organisations

<p>Australian BPD Foundation</p>	<p>The Australian BPD Foundation is a group of consumers, carers and clinicians seeking to improve the lives of people living with Borderline Personality Disorder.</p> <p>They have a Petition to increase Medicare-funded visits for BPD and other complex mental health conditions.</p> <p>Contact: bpdfoundation.org.au/contact.php Website: bpdfoundation.org.au Become a Member: bpdfoundation.org.au/membership.php Newsletter: bit.ly/abpdfnews Flyer: bpd-carers-sanctuary.org/wp-content/uploads/2019/07/Aust-BPD-Foundation-flyer_190507.pdf YouTube: youtube.com/channel/UCu74-57DZP1CLC-9Q09P7NA/feed Facebook: facebook.com/AustralianBPDFoundation Twitter: twitter.com/OzBPD Petition: tinyurl.com/yc77ozzl</p>
<p>BPD Co (South Australia)</p>	<p>BPD Co is short for BPD Collaborative. 7425 6500.</p> <p>Contact: bit.ly/contactBPDCO Website: sahealth.sa.gov.au/BPDCo Newsletter: bit.ly/BPDCOnews Model of Care: bit.ly/BPDCOmodelofcare</p>

Organisations

<p>BPD SA</p>	<p>BPD Support Services in South Australia provides a central point for information about Borderline Personality Disorder and the support services including referral requirements, available in South Australia.</p> <p>Website: bpdsa.com.au</p>
<p>Carer Gateway</p>	<p>Carer Gateway is a national service funded by the Australian Government, offering a website and phone service for carers to access practical information and support: 1800 422 737, Monday to Friday 8am to 6pm</p> <p>Website: carergateway.gov.au</p>
<p>Carers SA</p>	<p>Carers SA is the peak body for all Carers in South Australia (not exclusively for Mental Health Carers) It provides a State-wide Carer Advisory & Counselling Service.</p> <p>Website: carers-sa.asn.au YouTube: youtube.com/channel/UCPbCKz36eL42vHQmp3rTEOQ</p>
<p>Clinical Psychology Association (ACPA)</p>	<p>The ACPA is the national professional body that represents clinical psychologists in Australia.</p> <p>Website: acpa.org.au/what-is-a-clinical-psychologist Find a Clinical Psychologist: acpa.org.au/find-a-clinical-psychologist</p>
<p>HelpGuide</p>	<p>HelpGuide is a guide to mental health and wellness. HelpGuide's mission is to provide evidence-based mental health education and to empower you with information you can use to help yourself and your loved ones.</p> <p>BPD Guide: helpguide.org/articles/mental-disorders/borderline-personality-disorder.htm Website: helpguide.org</p>

Organisations

<p>NEA.BPD Australia</p>	<p>The National Education Alliance for Borderline Personality Disorder (NEA.BPD)</p> <p>NEA.BPD co-ordinate Family Connections®, a free, 12-week course for carers that provides education, skills training, and support.</p> <p>Website: bpdaustralia.org</p> <p>Flyer: bpd-carers-sanctuary.org/wp-content/uploads/2019/07/Family-Connections-flyer_190413.pdf</p> <p>YouTube: youtube.com/channel/UCRi8yMlz3OSjz0OizFBqiFg</p> <p>Family Connections®: bpdaustralia.org/about-family-connections/</p> <p>USA Webinars: borderlinepersonalitydisorder.org/webinars</p>
<p>Project Air (NSW)</p>	<p>Project Air is a Personality Disorders Strategy that aims to enhance treatment options for people with Personality Disorder and their families and carers in NSW.</p> <p>Contact: projectairstrategy.org/contactus</p> <p>Website: projectairstrategy.org</p> <p>Fact Sheets: projectairstrategy.org/mpafactsheets</p> <p>YouTube: youtube.com/channel/UCnUA0rcZTgsllT4bn-e_BAQ</p>
<p>RANZ College of Psychiatrists</p>	<p>The RANZCP is the principal organisation representing the medical specialty of psychiatry in Australia and New Zealand</p> <p>Website: yourhealthinmind.org/mental-illnesses-disorders/bpd</p> <p>Treatments: yourhealthinmind.org/treatments-and-medication/psychological-treatments</p> <p>Find a Psychiatrist: yourhealthinmind.org/find-a-psychiatrist</p>

Organisations

<p>Sanctuary BPD Carer Support Group</p>	<p>That's us! Sanctuary is a haven for BPD Carers, where experiences and information can be shared.</p> <p>Contact: bpd-carers-sanctuary.org/contact-us Website: bpd-carers-sanctuary.org Flyer: bpd-carers-sanctuary.org/wp-content/uploads/2020/02/Sanctuary_BPD_brochurev13_Glenside_2020-430pm.pdf Facebook: facebook.com/bpdsanctuary5034</p>
<p>SANE Australia</p>	<p>SANE is a mental health charity supporting Australians with complex mental illness by providing mental health awareness, online peer support and information, stigma reduction, specialist helpline support, research and advocacy. Check out the Sane Forums.</p> <p>Contact: sane.org/contact-us BPD Guide: sane.org/mental-health-and-illness/facts-and-guides/borderline-personality-disorder Website: sane.org YouTube: youtube.com/channel/UC_cAg00nNIsEs-HkgeaXohw Sane Forums: saneforums.org</p>
<p>Skylight (SA)</p>	<p>Skylight (formerly MIFSA) is Sanctuary's parent body and an NGO (non-government organisation) providing services & support to BPD Consumers & Carers, including respite.</p> <p>Contact: skylight.org.au/contact-us2 Website: skylight.org.au YouTube: youtube.com/channel/UCNmDJx FIS_ws4XQIGnxHP_A</p>
<p>Spectrum (Victoria)</p>	<p>Spectrum is the personality disorder service for Victoria</p> <p>Contact: spectrumbpd.com.au/contact-us Website: spectrumbpd.com.au</p>

Emergencies and Helplines

<p>Emergency 000</p>	<p>Ambulance, police or fire services in an emergency. Only call triple zero (000) if the situation is serious and urgent.</p> <p>Website: acma.gov.au/theACMA/emergency-call-service-faq-i-acma</p>
<p>SA Mental Health Triage 13 14 65</p>	<p>Assistance in a mental health emergency in South Australia, available 24 hours, seven days a week.</p> <p>Website: bit.ly/MentalHealthTriageServiceSA</p>
<p>SANE Australia 1800 187 263</p>	<p>Talk to a mental health professional trained in BPD, weekdays between 10am and 10pm AEST.</p> <p>Website: sane.org/get-help</p>
<p>Lifeline 13 11 14</p>	<p>Free, 24-hour Telephone Crisis Support service in Australia.</p> <p>Website: lifeline.org.au</p>
<p>LETSS 1800 013 755</p>	<p>Lived Experience Telephone Support Service (LETSS). A caring voice over the phone for support with mental health conditions between 5pm-11:30pm, 365 days a year. or chat online.</p> <p>Website: linkstowellbeing.org.au/services Chat online: chat-val1.sky.shoretel.com.au/chat</p>
<p>Suicide Call Back Service 1300 659 467</p>	<p>The Suicide Call Back Service is a 24 hour service that provides free telephone, video and online counselling.</p> <p>Website: suicidecallbackservice.org.au</p>

Emergencies and Helplines

<p>Carer Gateway 1800 422 737</p>	<p>Carers can get a wide range of help from Carer Gateway from counselling and peer support groups to respite care, home help and equipment. You don't have to know what to ask for – you can just talk through any problems you are having, and Carer Gateway staff will try to match you with services that can help.</p> <p>Website: carergateway.gov.au</p>
<p>Carers SA 1800 422 737</p>	<p>Carers SA provides unpaid carers with a range of support services including carer support planning, emergency respite, peer support and coaching, in-person counselling and tailored financial packages. Emergency Respite: 1800 422 737 (24/7).</p> <p>Advice: 1800 422 737 Respite: 1800 422 737 Website: carers-sa.asn.au</p>
<p>COVID-19 Mental Health Peer Support Line 1800 02 2020</p>	<p>A free after hours telephone and web chat support service to help South Australians deal with the emotional distress of COVID-19. Open every day from 5pm to 11.30pm. Callers will receive support from highly skilled and qualified staff who have lived through their own mental health recovery journey.</p> <p>Website: skylight.org.au/COVID-19-Support-Line</p>
<p>Domestic Violence Helpline 1800 800 098</p>	<p>24/7 telephone counselling, information and referrals for women and same-sex partners who are experiencing or have experienced domestic violence.</p> <p>Website: whiteribbon.org.au/find-help/support-services</p>

Emergencies and Helplines

<p>Beyond Blue 1300 224 636</p>	<p>Call or chat one-on-one with a trained mental health professional, 24/7.</p> <p>Website: beyondblue.org.au/get-support/get-immediate-support</p> <p>Chat online: online.beyondblue.org.au/Webmodules/chat/InitialInformation.aspx</p>
<p>Headspace SA 1800 063 267</p>	<p>Headspace runs YEPP which is an early intervention program for young people affected by psychosis (and their families) Call, email or chat online.</p> <p>Website: headspace.org.au/adelaide/ YEPP: headspace.org.au/our-services/hyep</p> <p>Call, email or chat online: headspace.org.au/eheadspace/connect-with-a-clinician</p>
<p>Kids Helpline 1800 551 800</p>	<p>A free, private and confidential 24/7 phone counselling service for young people aged 5 to 25. or chat online.</p> <p>Website: kidshelpline.com.au Chat online: kidshelpline.com.au</p>
<p>MensLine 1300 789 978</p>	<p>24 hour telephone and online support, information and referral service for men with family and relationship concerns, staffed by professional counsellors, experienced in men's issues.</p> <p>Website: mensline.org.au</p>

Emergencies and Helplines

Poisons
Information
Line 13 11 26

If you suspect that someone has taken an **overdose** or has been poisoned, do not try to treat them yourself. Get medical help immediately. If the person is showing signs of being seriously ill, such as vomiting, loss of consciousness, drowsiness or seizures (fits), call triple zero (000) for an ambulance, or take the person to the closest emergency department.

Website: healthdirect.gov.au/poisoning

Health Direct
1800 022 222

Free, 24-hour **Health Advice** from registered nurses in Australia.

Website: healthdirect.gov.au

More South Australian Crisis Helplines: sa.gov.au/topics/emergencies-and-safety/crisis-helplines

Publications

Clinical Practice Guideline for the Management of Borderline Personality Disorder (2012)

From the **Australian National Health and Medical Research Council** This guideline aims to assist health professionals to diagnose, treat and manage BPD in adolescents and adults. You can **download** the Guideline in PDF format.

Download: nhmrc.gov.au/about-us/publications/clinical-practice-guideline-borderline-personality-disorder



Overcoming Borderline Personality Disorder: A Family Guide to Healing and Change
by Valerie Porr M.A.
Oxford University Press, 2010



Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells
by Randi Kreger
Hazelden Information & Educational Services, 2007



Borderline Personality Disorder: An Evidence-based Guide for Generalist Mental Health Professionals
by Anthony W. Bateman, Roy Krawitz
Oxford University Press, 2013

Education - Family Connections from NEA.BPD

A free 12 week course for anyone who cares for someone with BPD.

Independent studies have shown that family members experience less depression, burden, and grief, and more feelings of empowerment, after attending this course.

About Family Connections: bpdaustralia.org/about-family-connections

Schedule of Upcoming Courses: bpdaustralia.org/family-connections-program

Registration Form: bpdaustralia.org/family-connections-registration-form

Guidelines for Families living with BPD: bpdaustralia.org/family-guidelines

Assistance

<p>Skylight</p>	<p>Skylight creates environments of understanding, connection, optimism and courage through individual support, group activities, respite and community education sharing a journey to empowerment with individuals, their friends and family and their carers.</p> <p>Website: skylight.org.au/our-services</p>
<p>Emergency Respite</p>	<p>Call Carer Gateway if you need emergency respite on 1800 422 737 24 hours a day, 7 days a week.</p> <p>Website: carergateway.gov.au</p>
<p>Financial assistance</p>	<p>Carers may be eligible for financial assistance: Carer Allowance, Carer Payment, Carer Supplement. The Carer Gateway provides a phone line for support and advice: 1800 422 737 Mon-Fri 8am to 6pm.</p> <p>Website: humanservices.gov.au/individuals/subjects/caring-someone-illness-or-disability</p> <p>How to apply: humanservices.gov.au/individuals/services/centrelink/carer-allowance/claiming</p> <p>Carer Gateway: carergateway.gov.au</p>
<p>Medicare Rebates</p>	<p>Speak to your GP about a Mental Health Treatment Plan. People with BPD and other mental health conditions may be eligible for rebates for up to 10 treatments per year through Medicare.(If 10 is not enough, please sign this Petition from the Australian BPD Foundation to have the number of visits increased)</p> <p>Website: www1.health.gov.au/internet/main/publishing.nsf/content/mental-ba-fact-pat</p> <p>Mental Health Treatment Plan: www1.health.gov.au/internet/main/publishing.nsf/content/mental-ba-fact-pat</p>

Assistance

<p>Telehealth</p>	<p>Patients in eligible rural, remote or very remote areas may qualify for video consultations through Medicare.</p> <p>Website: www1.health.gov.au/internet/main/publishing.nsf/content/mental-ba-telehealth</p>
<p>Anglicare SA Mental Health Services</p>	<p>Anglicare supports people living with mental health struggles to live full lives where their choices are respected & their needs are met. Personal Helpers and Mentors, Carer Respite, Individual Support, Supported Residential Facilities.</p> <p>Website: anglicaresa.com.au/mental-health-disability/mental-health-services</p>
<p>Carer Gateway</p>	<p>Carers can get a wide range of help from Carer Gateway from counselling and peer support groups to respite care, home help and equipment.</p> <p>You don't have to know what to ask for – you can just talk through any problems you are having, and Carer Gateway staff will try to match you with services that can help.</p> <p>Advice: 1800 422 737 Respite: 1800 422 737 Website: carergateway.gov.au</p>
<p>Uniting SA Mental Health</p>	<p>UnitingSA offers support to individuals, families and young people living with a mental illness or mental health concern, across metropolitan Adelaide and Country SA.</p> <p>UnitingSA Mental Health Services are designed to help you handle life's obstacles, form positive relationships and work towards your goals. Providing information, advocacy and support.</p> <p>There is also a lived experience workforce and a Supported Residential Facility program.</p> <p>Website: unitingsa.com.au/community-services/mental-health</p>