

# Where?

Check website for latest information.

From Jan 2024 meetings will be held both:

## ONLINE

If you'd like to join us - please contact us via the website: [bpd-carers-sanctuary.org/contact-us/](http://bpd-carers-sanctuary.org/contact-us/) and we will send an email explaining how to join the meeting.

and

## FACE-TO-FACE

The Marjorie Black Room, *New venue!!*  
SACOSS Building,  
[47 King William Rd \(Cnr Young St\), Unley SA 5065](http://47 King William Rd (Cnr Young St), Unley SA 5065)  
(Enter at back of building, off Young St)

# When?

Second Tuesday of each month  
6:00pm to 8:00pm

# Contact:

Email: [info@bpd-carers-sanctuary.org](mailto:info@bpd-carers-sanctuary.org)

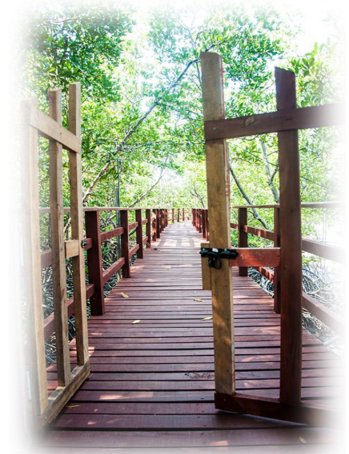
Website: [www.bpd-carers-sanctuary.org](http://www.bpd-carers-sanctuary.org)

: [facebook.com/bpdsanctuary5034](https://facebook.com/bpdsanctuary5034)



SEE MENTAL HEALTH DIFFERENTLY

Sanctuary BPD Carer Support Group  
gratefully acknowledges ongoing  
support from Skylight.



An Adelaide-based group offering support and  
information for carers of people living with BPD

V19 Unley & Zoom Jan 2024

# What is Borderline Personality Disorder?

Borderline personality disorder (BPD) is a complex mental illness that is often misunderstood.

It is generally held that biological and environmental risk factors interact to reach a certain critical level of brain dysfunction in order for the symptoms of BPD become apparent.

Regrettably, people living with BPD can often experience the worst prejudice, discrimination, stigma and hostility of any mental illness.

BPD occurs roughly equally in men and women, though more women are diagnosed with BPD, and more men have contact with correctional services.

Both consumers and carers affected by BPD may experience non-acceptance and a severe lack of valid information about this condition. They are often made to feel guilty and may feel shame as a result.



# How Can our Carer Support Group assist?

Sanctuary's prime objective is to create a haven where carers can access:

- \* sharing experiences
- \* sound, clinically-based information
- \* recognition of the challenges carers experience
- \* support from others travelling the same road, and
- \* advice about appropriate sources of information and treatment.

Our aim is to help carers gain a better awareness of BPD, to assist them to relate to the person they care for with understanding and compassion, and to promote the need for access to a range of treatments for both individuals and families affected by this debilitating and serious mental illness.

We believe that the prognosis for people with a diagnosis of borderline personality disorder is positive if appropriate treatment is accessed.