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Organisations

Australian BPD Foundation

The **Australian BPD Foundation** is a group of consumers, carers and clinicians seeking to improve the lives of people living with Borderline Personality Disorder.

They have a **Petition** to increase Medicare-funded visits for BPD and other complex mental health conditions.

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/aust-bpd-foundation-flyer

YouTube: youtube.com/channel/UCu74-57DZP1CLC-9Q09P7NA/feed

Facebook: facebook.com/AustralianBPDFoundation

Twitter: twitter.com/OzBPD

Petition: tinyurl.com/yc77ozzl

BPD Co (South Australia)

BPD Collaborative is part of South Australian Health department.

It is a state-wide service that provides enhanced, evidence-based BPD service development in South Australia: **7425 6500**.

Contact: bit.ly/contactBPDCO

Website: sahealth.sa.gov.au/BPDCo

Newsletter: bit.ly/BPDCOnews

Model of Care: bit.ly/BPDCOmodelofcare

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, 1800 422 737.</p> <p>Contact: carerssa.com.au/contact/</p> <p>Website: carers-sa.asn.au</p> <p>Newsletter: carerssa.com.au/news-events/</p> <p>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</p> <p>Find a Clinical Psychologist: acpa.org.au/find-a-clinical-psychologist (choose <i>Borderline Personality Disorder</i> from their list of problem areas or choose a specific therapy type)</p>

Organisations

<p>Emotions Matter</p>	<p>Emotions Matter offers support programs, education and resources for individuals impacted by BPD, families and professionals. Their mission is to support, educate and advocate for borderline personality disorder (BPD).</p> <p>Website: emotionsmatterbpd.org Newsletter: eepurl.com/cbB8Eb Support Groups: emotionsmatterbpd.org/peer-support-groups BPD Support Loss Group for bereaved carers: emotionsmatterbpd.org/bpd-loss-group</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>
<p>NEA.BPD Australia</p>	<p>The National Education Alliance for Borderline Personality Disorder (NEA.BPD) 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 USA Webinars: borderlinepersonalitydisorder.org/webinars YouTube: youtube.com/channel/UCRi8yMlz3OSjz0OizFBqiFg Family Connections®: bpdaustralia.org/about-family-connections/ Course Schedule: bpdaustralia.org/family-connections-program/ Register for Course: bpdaustralia.org/family-connections-registration-form/ Flyer: bpd-carers-sanctuary.org/family-connections-flyer</p>

Organisations

Project Air (NSW)

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.

Contact: projectairstrategy.org/contactus

Website: projectairstrategy.org

Fact Sheets: projectairstrategy.org/mpafactsheets

YouTube: youtube.com/channel/UCnUA0rcZTgsllT4bn-e_BAQ

RANZ College of Psychiatrists

The **RANZCP** is the principal organisation representing the medical specialty of psychiatry in Australia and New Zealand. Their website **Your Health In Mind** provides expert information about mental illness, treatments, psychiatrists, and how to get help.

Website: yourhealthinmind.org/mental-illnesses-disorders/bpd

Treatments: yourhealthinmind.org/treatments-and-medication/psychological-treatments

Find a Psychiatrist: yourhealthinmind.org/find-a-psychiatrist
(choose *Personality Disorders* from the areas of expertise)

Organisations

SA Health

Many services and agencies are responsible to the South Australian **Minister for Health and Wellbeing**, including **BPD Co** above. In an **emergency**, contact Mental Health Triage on **13 14 65**

List of Mental Health Services: bit.ly/SAHealthMentalHealthServices
Local Health Networks (LHNs):

sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/our+local+health+networks/our+local+health+networks

Map of Metro LHNs:

sahealth.sa.gov.au/wps/wcm/connect/f56a2a80433c6b9e9fcadfa9c78a5ba/Metro+LHNs+Maps.pdf

Map of Rural LHNs:

sahealth.sa.gov.au/wps/wcm/connect/a2922980433c68a59f48dfba9c78a5ba/Rural+LHNs+Map.pdf

Feedback:

sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/resources/your+feedback+is+important

SA Mental Health Services Plan:

sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/resources/mental+health+services+plan+2020-2025

Sanctuary BPD Carer Support Group

That's us! **Sanctuary** is a haven for BPD Carers, where experiences and information can be shared.

Contact: bpd-carers-sanctuary.org/contact-us

Website: bpd-carers-sanctuary.org

Flyer: bit.ly/SanctuaryBPDCarers

Facebook: facebook.com/bpdsanctuary5034

Organisations

<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/UCNmDJxFIS_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>
<p>Your Health In Mind</p>	<p>Provided by RANZCP, this website provides expert information about mental illness, treatments, psychiatrists, and how to get help.</p> <p>Website: yourhealthinmind.org/mental-illnesses-disorders/bpd Treatments: yourhealthinmind.org/treatments-and-medication/psychological-treatments Find a Psychiatrist: yourhealthinmind.org/find-a-psychiatrist (choose <i>Personality Disorders</i> from the areas of expertise)</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/</p> <p>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</p> <p>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

<p>Clinical Practice Guideline for the Management of Borderline Personality Disorder (2012)</p>	<p>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.</p>
<p>Rights of Carers of people receiving Mental Health Care</p>	<p>From the SA Government, this fact sheet explains the rights of carers under the Mental Health Act 2009 and the Carers Recognition Act 2005</p>
	<p>Overcoming Borderline Personality Disorder: A Family Guide to Healing and Change by Valerie Porr M.A. Oxford University Press, 2010 ISBN 9780195379587, 0195379586</p>
	<p>Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells by Randi Kreger Hazelden Information & Educational Services, 2007</p>
	<p>Borderline Personality Disorder: An Evidence-based Guide for Generalist Mental Health Professionals by Anthony W. Bateman, Roy Krawitz Oxford University Press, 2013</p>

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

Podcasts

All in the Mind (ABC Radio)

All in the Mind is an exploration of the mental: the mind, brain and behaviour — everything from addiction to artificial intelligence.

Podcast: abc.net.au/radionational/programs/allinthemind/past-programs/

UniSA Mental Health Podcasts

Listen to real stories and informed thinking around mental health.

A joint Communities of Practice initiative between nurse leaders from SA Health and academics from the University of South Australia's Mental Health and Suicide Prevention Research Group.

Podcast: m.library.unisa.edu.au/research/mental-health-suicide-prevention/initiatives-resources/mental-health-podcasts

Episode 12. Lived experience of Borderline Personality Disorder: Perspectives on emergency department care and peer support:

m.library.unisa.edu.au/contentassets/dbda053c814b4e568685df9b6b6116c0/episode-12---bpd-awareness-podcast.mp3

Assistance (South Australia)

<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 20 treatments per year through Medicare. (If 20 is not enough, please sign the 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> <p>Petition to increase the number of treatments: tinyurl.com/yc77ozzl</p>

Assistance (South Australia)

<p>NDIS</p>	<p>NDIS is the National Disability Insurance Scheme, a scheme of the Australian Government that supports Australians with disability with funding, to build skills and capability, so they can participate socially and economically in the community.</p> <p>NDIS application forms are available from the NDIS website</p> <ul style="list-style-type: none"> • Access Request Form • Evidence of Psychosocial Disability Form <p>Website: ndis.gov.au How to Apply: ndis.gov.au/applying-access-ndis/how-apply More: bpd-carers-sanctuary.org/2021/02/09/february-2021-sanctuary-meeting</p>
<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>

Assistance (South Australia)

Uniting SA Mental Health

UnitingSA offers support to individuals, families and young people living with a mental illness or mental health concern, across metropolitan Adelaide and Country SA.

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.

There is also a lived experience workforce and a Supported Residential Facility program.

Website: unitingsa.com.au/community-services/mental-health