

Where?

Check website for latest information.

From Jan 2022 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/ and we will send an email explaining how to join the meeting.

and

FACE-TO-FACE

Glenside Administrative and Learning Services Building,
Karrayarta Drive, Glenside SA 5065

(Southwest corner of Glenside Health Services Campus,
226 Fullarton Road, Glenside)

<http://bpd-carers-sanctuary.org/map/>

When?

Second Tuesday of each month
6:00pm to 8:00pm *New time!!*

Contact:

Email: info@bpd-carers-sanctuary.org

Website: www.bpd-carers-sanctuary.org

 facebook.com/bpdsanctuary5034



SEE MENTAL HEALTH DIFFERENTLY

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



V18 Glenside and Zoom Jan 2022

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

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 borderline personality disorder to become apparent.

Regrettably, people with Borderline Personality Disorder 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 illness. 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 for carers, where any negative experiences can be replaced with sound, clinically-based information, recognition of the challenges that carers experience, the support of others who are travelling the same road, and advice about 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.