



Borderline Personality Disorder

Borderline Personality Disorder (BPD) is a serious mental illness characterized by pervasive instability in moods, interpersonal relationships, self-image and behavior. BPD is considered a disorder of emotion regulation.

Symptoms

- Intense bouts of anger, depression and anxiety
- Symptoms may be associated with episodes of self-injury and drug or alcohol abuse.
- Distortions in cognition and sense of self which may lead to frequent changes in careers, friendships, values and many others.
- Feelings of boredom, emptiness, identity confusion
- Impulsive behavior, including excessive spending, binge eating and risky sexual behavior.

Statistics

- About 2 percent of adults have BPD.
- More women are diagnosed with BPD than men.
- There is a high rate of self-injury and suicide associated with BPD.
- BPD accounts for 20 percent of psychiatric hospitalizations.

Tips

- If you are experiencing symptoms of BPD, contact a mental health professional immediately.

ADAMH is your community safety net. If you or someone you love needs help call 276-CARE, the front door to the ADAMH system of care.