

Emotionally Unstable Personality Disorder (EUPD)

Background

- Also referred to as Borderline Personality Disorder (BPD)
- Emotionally Unstable Personality Disorder affects 1% of people in the UK
- People with EUPD are at increased risk of death via suicide and self harm
- The stigma that surrounds EUPD can be as difficult for the person as the symptoms
- More awareness can help reduce distress and death

Difficulties Can Include

Fear of Abandonment
Impulsive & self destructive behaviour
Unstable relationships
suicidal behaviour
Extreme mood swings

Causes

- Biological difference in the 'emotion brain' and nerve sensitivity
- Genetic contribution
- Traumatic or adverse life events

Common Strengths (from @Jo-eupdrecovery)

Loyal friend
Empathic
Resilient
Courageous
Creative
Intuitive
Resourceful

What Can I Do to Help (from mind.org.uk)

- Try to be patient. Pause.
- Listen. Don't judge.
- Validation (demonstrate that you heard the distress / emotion / worry)
- Be calm and consistent.
- Help remind them of all their positive traits.
- Try to set clear expectations, don't over promise, stick to your agreement.
- Learn more about EUPD, and help to challenge stigma.
- Help them seek treatment and support.
- Take care of yourself.

Support in Portsmouth

- **The Harbour.** Peer Support. 7 evenings-a-week, 4.30pm – 11pm on 07418 364911
- **Positive Minds.** Peer Support. Mon-Fri 10.30-5 02392824795
- **Solent Recovery College** learn about yourself and your recovery
T: 07971 348 555
E: SRC@solentmind.org.uk
- Mental Health Crisis help from clinicians at **NHS111** Mental Health triage team
- Support for **Carers** 023 9285 1864
carerscentre@portsmouthcc.gov.uk