

Borderline Personality Disorder: Translating evidence into practice

MHPN
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Please note the resources displayed in this document were accurate at the time of publication

MHPN Resources

MHPN Networks: MHPN supports networks where practitioners share an interest in mental health.
[See what's available in your area](#)

MHPN Webinar Library: [Watch our previous webinars](#)

MHPN Podcast: [Listen to our range of podcasts](#)

Websites

Spectrum resources and support: <https://www.spectrumbpd.com.au/resources-and-support>

Project Air: Resources for consumers and their families, partners & carers include fact sheets, consumer lived experience stories & videos: <https://www.uow.edu.au/project-air/resources/>

National Education Alliance for Borderline Personality Disorder Australia (NEABPD-Australia) is committed to shining the light of hope on BPD in Australia by providing the latest global research and information: <https://www.bpdaustralia.org/research-articles/>

BPD Foundation promotes a positive culture to support the recovery journey of people with BPD and their families/ carers. The Foundation also supports clinicians, health care personnel and researchers working in this field and acknowledges everyone who works towards a better recognition of BPD: www.bpdfoundation.org.au/

BPD Awareness: <https://www.bpdawareness.com.au/resources/>

Resources

Project Air Guide to communication:
<https://documents.uow.edu.au/content/groups/public/@web/@project-air/documents/doc/uow263246.pdf>

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Papers

Cheney, L., Dudas, R. B., Traynor, J. M., Beatson, J. A., Rao, S., & Choi-Kain, L. W. (2023). Co-Occurring Autism Spectrum and Borderline Personality Disorder: An Emerging Clinical Challenge Seeking Informed Interventions. *Harvard Review of Psychiatry*, 31(2), 83-91.

Grenyer, B. F., Townsend, M. L., Lewis, K., & Day, N. (2022). To love and work: A longitudinal study of everyday life factors in recovery from borderline personality disorder. *Personality and Mental Health*, 16(2), 138-154

Leichsenring, F., Heim, N., Leweke, F., Spitzer, C., Steinert, C., & Kernberg, O. F. (2023). Borderline Personality Disorder: A Review. *JAMA*, 329(8), 670-679.

Zou, M., Broadbear, J. H., & Rao, S. (2023). Exploring the Utility of Neurostimulation Therapies in the Treatment of Borderline Personality Disorder: A Systematic Literature Review. *The Journal of ECT*, 10-1097.

Crisis Support

LifeLine (13 11 14) is a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.

<https://www.lifeline.org.au/>

Beyond Blue: | 24/7 Support for Anxiety, Depression and Suicide Prevention

<https://www.beyondblue.org.au/>

Kids Helpline (1800 55 1800) is a phone counselling service for children.

<https://kidshelpline.com.au/>

SANE Australia is for people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities. [SANE Australia](https://www.sane.org.au/)

Headspace: Headspace is the national youth mental health foundation:

<https://headspace.org.au/>