

KNOW BPD NO STIGMA

*Decreasing stigma
and discrimination
of BPD through
education*

**People with BPD
get well.**

**Clinical remission is
the norm, not an exception.**

**Many people with BPD
achieve recovery and
very few people require
lifelong treatment.**

**Associate Prof.
Sathya Rao
Executive Clinical
Director, Spectrum.**



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**You take each day as it comes
The days are up and down
but these days,
more up than down.
its a journey I feel we have
successfully negotiated,
and we will continue to.**

**Cherida
Chapman
National BPD
Carer Advocate**



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she's **patient and gentle,**
even when she's hurting.

She's **determined,** she
never stops trying.

She also happens to have BPD.

**Cameron
Tape**
BPD Carer



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We see real activism
by people experiencing BPD,
their families and
groups of clinicians
who are prepared to
support the journey that
people [with BPD] need to undertake

Professor
Ian Hickie
Co-Director,
Brain & Mind Centre
University of Sydney



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**I never thought I would
ever stop self-harming.**

**I never thought I'd spend a month
I didn't go into a psychiatric unit.**

**I never thought I'd be clean and sober and
I never thought I would ever be happy,
let alone happy to be alive.**

But all of this and more is now fact because

**I worked hard
and I chose life.**

**Mahlie
Jewell
National BPD
Advocate**



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**The biggest challenge
has been to accept that
I deserve to live,
that I am worthy of
self-care and
of being loved**

**Kerry-Ann
Chapman
National BPD
Advocate**



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People with BPD are like people with
third degree burns
over 90% of their bodies.
Lacking emotional skin,
they feel agony at the
slightest touch or movement.

**Dr Marsha
Linehan**
Developer of
Dialectical Behavior
Therapy (DBT)



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...I hear people say they are **“attention seeking, annoying, they don't have a real mental health problem, they should just grow up ...”** They are the kinds of **stigma words** used to express **prejudice** against people **genuinely struggling** with a **well-recognised mental disorder that deserves our compassion**

**Professor
Brin Grenyer**
Director, Project
Air Strategy



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