

## Borderline Personality Disorder

This guide was written to help you learn about borderline personality disorder. It will discuss current treatment options. If you have questions about the details in this guide, talk with your doctors and nurses.

### What is borderline personality disorder?

It can be a severe health concern. People with this disorder often have problems with mood, self-image, and relationships.

Common signs and symptoms are:

- Unstable, intense relationships
- Fear of abandonment, separation or loss
- A dislike of being alone; needing to have other people with them
- Problems with self-image
- Acting on impulse (spending money, unsafe sex, reckless driving)
- Self-harm such as cutting, suicide attempts
- Rapid mood changes
- Always feeling empty
- Feeling wary or being out-of-touch with reality when stressed
- Feelings of anger for no known reason

### What causes this?

The cause is unknown. Many theories attempt to explain this illness. These theories focus on:

- Parent-child relationship
- Childhood abuse
- Biological factors
- Parent's mental disorder

### What is the treatment?

The choice of treatment depends on many factors. These factors include:

- Your history
- Your current needs and interests
- The treatment options where you live

### Treatment Options

- Dialectical behavioral group therapy (DBT)
- One on one counseling
- Group, cognitive behavioral therapy (CBT) rehab programs
- Keeping crisis plans up to date
- Medicines

It may be helpful for all members of the health care team to have a copy of the crisis plan.

### Who to Call

If you have questions, please call the Psychiatry Inpatient Unit at **(608) 263-7525**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4291.