Do you support someone with Borderline Personality Disorder (BPD)?

May also be referred to as Emerging/Emotionally Unstable Personality Disorder (EUPD)

Join our free 5-week Families and Carers Training and Support (FACTS) course delivered online or in-person

Come along and join our 5 week training programme where you will learn how to support a person with BPD/EUPD whilst at the same time keeping your own wellbeing in mind.

You will learn:

- The science behind the diagnosis
- How to repair relationships and reduce conflict
- How to cope with your own feelings
- Tools which you can use, to help improve the relationship between you and your loved one

Testimonials

- *"feels like a lifeline when you think you are drowning"*
- *"the coping mechanisms and tools make a massive difference"*

The FACTS course may be delivered by carers who have experience of caring for someone with BPD, or, co-delivered by a mental health professional and a carer.

FACTS is designed for carers rather than individuals with BPD.

To find out more:

Visit Anna Freud's website: https://www.annafreud.org/training/health-and-social-care/families-and-carers-training-and-support-programme/

or email bpdbooking@yahoo.co.uk

We support one another and share ideas to cope better with our challenges.

Contact us to see if you would find the course helpful.

FACTS Families and Carers Training and Support

For carers of people with Borderline Personality Disorder (BPD) Emerging/ Emotionally Unstable Personality Disorder (EUPD)

Anna Freud building the mental wellbeing of the next generation

NHS Central and North West London NHS Foundation Trust