

HELP IS RIGHT HERE!

For more information or to
schedule an appointment, call
St. Elizabeth Physicians Behavioral Health
at **(859) 301-5901**.

Helpful Phone Numbers

▶ Youth:

Cincinnati Children's Hospital
Division of Psychiatry:
(513) 636-3200

▶ Youth & Adults:

SUN Behavioral Health:
(859) 429-5188

If you or a loved one are having suicidal thoughts,
get help right away!

Call **(800) 273-8255** to speak with a suicide
prevention expert 24 hours a day, seven days a week.



Behavioral Health: **BORDERLINE PERSONALITY DISORDER**

You're not alone.



IT'S HARD NOT FEELING LIKE YOURSELF.

A person with borderline personality disorder may experience intense mood swings and volatile relationships with loved ones. With notions of self-doubt and insecurity, their mood can quickly shift from feeling happy and loved to one of anger and betrayal. Borderline personality disorder can affect anyone, but it is most common amongst teens and adults.

Symptoms:

Borderline personality disorder is often diagnosed with other mental illnesses such as depression, anxiety, bipolar disorder, substance abuse or eating disorders. People with borderline personality disorder can exhibit many symptoms, but the most prevalent include:

- Quickly changing moods and values.
- View the world in extremes - either all good or all bad.
- Intense and unstable relationships with family, friends and romantic partners.
- Disoriented self-image.
- Impulsive and dangerous behaviors.
- Fear of abandonment.
- Explosive anger.
- Suicidal thoughts or attempts.
- Self-harmful behaviors like cutting.

Treatment:

Medications are not a primary treatment option, people with borderline personality disorder benefit greatly from psychotherapy. Our therapists will use dialectical behavioral therapy (DBT), a form of treatment created specifically for borderline personality disorder, which teaches mindfulness, acceptance and attentiveness to current surroundings and emotional state. Individual



cognitive-behavioral therapy (CBT) may also be used to identify and change distorted beliefs and behaviors.

Caregivers and family members can also benefit from therapy. Identifying obstacles and triggers in home life - as well as helpful diffusing strategies and coping skills - can be greatly beneficial for everyone.

The compassionate team of experts at St. Elizabeth Behavioral Health are here to listen to your concerns and help ease your worries. By utilizing appropriate assessments and evaluations, our team is able to develop the right care plan for your individual needs. The first step towards feeling more like yourself is to call (859) 301-5901 and schedule an appointment with one of our specialists. We will be here for you, every step of the way.