

PERSONALITY DISORDER & BORDERLINE PERSONALITY DISORDER

Recommended resources: (most useful scale)

SOURCES	Contact Details/Links	DESCRIPTION
Spectrum – Personality Disorder Service for Victoria	https://www.spectrumbpd.com.au Accessing treatment and services in VIC: https://www.spectrumbpd.com.au/treatment-services/accessing-treatment-in-victoria	Spectrum PBD for Victoria is the Statewide centre of Clinical Excellence for Personality Disorders. Spectrum supports and works with local Area Mental Health Services and health professionals to provide treatment for people with a personality disorder with a focus on people with complex needs or who are at risk from serious self-harm or suicide.
Project Air	https://projectairstrategy.org/whoware/index.html Find a Service: https://projectairstrategy.org/service-directory/index.html	The Project Air Strategy for Personality Disorder is an internationally recognised leader in research, education and treatment. In Australia Project Air partners include: - Illawara Health and Medical Research Institute – University of Wollongong, the NSW Ministry for Health, Local NSW Health Districts and Health Direct
Australian BPD Foundation Limited	http://bpdfoundation.org.au Victorian Directory: http://bpdfoundation.org.au/services_vic.php	BPD Foundation is a group of volunteer consumers, carers and clinicians passionate in encouraging a positive culture around BPD and promoting the ready availability and accessibility of appropriate service for everyone impacted by BPD.
Healthdirect Australia	https://www.healthdirect.gov.au/treatment-for-borderline-personality-disorder-bpd	Healthdirect provides Australians with access to trusted health information. All information has been provided through partnerships with government agencies and other trusted sources.
Beyond Blue	Phone: 1300 22 4636 BPD Forum: https://www.beyondblue.org.au/general/search-results?keywords=personality%20disorder&page=1	Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders
ReachOut	https://au.reachout.com/articles/what-are-personality-disorders	ReachOut is Australia's leading online mental health organisation for young people and their parents. ReachOut provides practical support, tools and tips help young people get through anything from every issues to tough times.
SANE Australia	https://www.sane.org/mental-health-and-illness/facts-and-guides/borderline-personality-disorder Helpline: 1800 187 263	Founded in 1986. SANE Australia is a non-profit organisation which works to improve the attitudes toward and treatment of people with mental illnesses. SANE's mission is to help all Australians affected by mental illness lead a better life, through support, training, and education.

Additional recommended resources for Mental Health Clinicians

Sources	Links	Description
<p>Australian BPD Foundation Limited</p>	<p>http://bpdfoundation.org.au/virtual-library.php</p>	<p>This Virtual Library was developed by Spectrum The Personality Disorder Service of Victoria on behalf of the project initiated by the Australian BPD Foundation:</p> <ul style="list-style-type: none"> ○ Webinar 1 - What is BPD? ○ Webinar 2 - Treatment principles for BPD ○ Webinar 3 - Evidence Based Treatments and Access ○ Webinar 4 - Borderline personality disorder in youth and early intervention ○ Webinar 5 - Management of self injury and suicidality ○ Webinar 6 - Management in Mental Health Services: Primary, Public and Private Sectors
<p>NHMRC – National Health and Medical Resource Council</p>	<p>Clinical Guideline: https://nhmrc.gov.au/about-us/publications/clinical-practice-guideline-borderline-personality-disorder#block-views-block-file-attachments-content-block-1</p>	<p>NHMRC is the peak body for supporting health and medical research; for developine health advice for the Australian community, health professional and governments; and for providing advice on ethical behaviour in health care and in the conduct of health and medical research.</p>