



# Clinical Toolkit

## Clinical Tips: Supporting Family and Friends of a Young Person with Borderline Personality Disorder

**Borderline Personality Disorder can have a profound effect on family and friends, and GPs can support them in a number of ways:**

- Referral to psychoeducation resources and support services where these are available
- Supporting them to navigate the health system
- Advising them on the best way to interact with the young person (e.g. showing empathy, having a non-judgemental attitude, encouraging independence, validating their emotions)
- Providing information about responding to suicidal risk and self-harm. They should be involved in safety planning where possible
- Providing a referral to family counselling
- Supporting them to access available support services (eg respite services, carer support groups)

**Note that a young person may not want to involve their family or friends in their care.** If this is the case, do not force the issue. Rather, explore their concerns about doing so and revisit family involvement later.