

# Borderline Personality Disorder themed visit

## Target audience

The Mental Welfare Commission would like to talk to people in Scotland who are over 18 years of age and have been diagnosed with borderline personality disorder (BPD).

BPD is sometimes also known as emotionally unstable personality disorder (EUPD).

If you have this diagnosis or if you are a relative or carer of someone with BPD, we would like to hear from you.

## What we're doing

Earlier this year we had an opportunity to speak to people with BPD and they told us about some of difficulties they face, including stigma associated with the diagnosis, difficulty in accessing treatment and support and getting the right help in a crisis.

We now aim to explore these and other issues further with more people who have this diagnosis.

This will help us to produce a report we are looking to publish in early 2018. The report, as well as highlighting the difficulties people face, will also give examples of good practice and make recommendations for improvement. The report will be anonymous, so no-one will be identifiable.

## How to get involved

We plan to talk to people about their experiences of BPD throughout October and November 2017. If you think you would like to give us your views please e-mail us on [bookings@mwscot.org.uk](mailto:bookings@mwscot.org.uk) or call us on **0131 313 8777**. We don't need to take any of your personal details if you don't want us to.

We can then make arrangements about the best way we can capture your views.

Thank you