

A course for Families, Carers and Friends (FACTS)

# Do you support someone with Borderline / Emotionally Unstable Personality Disorder? BPD/EUPD

Join our free 5-week course: on Zoom or in person

You will learn:

- ❖ More about BPD/EUPD
- ❖ How you can rebuild and maintain relationships and reduce conflict
- ❖ How best to support your relative or friend
- ❖ How to cope with your own feelings

"I wish I had  
done this  
years ago."

"Great, and the  
real-life examples  
are very useful!"

Topics:

- ❖ Introduction to BPD/EUPD
- ❖ Mindfulness and Managing Emotions
- ❖ Mentalising
- ❖ Validation Skills

"I feel much less  
isolated and  
more confident."

**The trained FACTS leaders have no specific clinical or professional qualifications, and do not have any clinical responsibility towards participants or their families and friends, nor for how carers use the skills, or for any subsequent events.**

You must be aged 18 years and over. FACTS is not suitable for the person with BPD.

**Anna Freud Centre website:** <https://www.annafreud.org/training/mentalization-based-treatment-adults/families-and-carers-training-and-support-programme-facts/>

**Read:** Valerie Porr: Overcoming Borderline Personality Disorder, A Family Guide to Healing and Change

**For more information and to join the Harrow Rethink BPD Carers Support Group email:**

**[BPDbooking@yahoo.co.uk](mailto:BPDbooking@yahoo.co.uk)**

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