Organizations & Programs Websites

American Psychiatric Association (APA)
1000 Wilson Boulevard, Suite 1825
Arlington, VA 22209-2901
703.907.7300
apa@psych.org
www.psych.org

American Academy of Child and Adolescent Psychiatry (AACAP)
3615 Wisconsin Avenue NW
Washington, DC 20016-3007
Office: 202.966.7300
Fax: 202.464.0131
www.aacap.org

Behavioral Tech – DBT referral, training and resources
1107 NE 45th St., Suite 230
Seattle, WA 98105
206.675.8588
www.behavioraltech.com
information@behavioraltech.com

Borderline Personality Disorder Demystified
Robert O. Friedel, M.D. (Gives clinics, wrote book by same title, on NEABPD board at one time; redid this website in 2012, updates periodically, comprehensive resources and news about BPD)
http://www.bpddemystified.com/

BPD World
http://www.bpdworld.org
General: mail@bpdworld.org
Support: support@bpdworld.org

BPD Central
www.bpdcentral.com
Brain and Behavior Research Foundation
90 Park Avenue, 16th Floor
New York, NY 10016
646-681-4888
800-829-8289
http://bbrfoundation.org

The Carter Center Mental Health Program
One Copenhill
453 Freedom Parkway
Atlanta, GA 30307
http://www.cartercenter.org/health/mental_health/index.html

The Fight Within Us: Rethink BPD
Blog by Amanda Wang of NYC
http://thefightwithinus.com

Florida Borderline Personality Disorder Association
509 Wilbur St,
Brandon, FL 33511
info@fbpda.org
http://fbpda.org

Hope for BPD
Treatment navigation and support for BPD and self-injury by Amanda Smith
941.704.4328
www.hopeforbpd.com
Amanda@hopeforbpd.com

The Menninger Clinic
Open 24 hours/day
12301 S Main St.
Houston, TX 77035
(713) 275-5000
http://www.menningercaplinic.com
Blog: www.saynotostigma.com

Mental Health America (MHA)
500 Montgomery St., Suite 820
Alexandria, VA 22314
703.684.7722
800.969.6642
Fax: 703.684.5968
http://www.mentalhealthamerica.net
http://www.mentalhealthamerica.net/contact-us

If you or someone you know is in crisis, please call 911, go to the nearest emergency room, call 1-800-273-TALK (8255) a 24-hour crisis center, or text “MHA” to 741741.
National Alliance on Mental Illness (NAMI)
3803 N. Fairfax Dr. Suite 100
Arlington, VA 22203
703.524.7600
Fax: 703.524.9094
Helpline: 1.800.950.6264
www.nami.org

National Education Alliance for Borderline Personality Disorder (NEABPD)
Conferences, publications, videos, courses, ©Family Connections, ©TeleConnections
PO Box 974
Rye, NY 10580
914.835.9011
www.borderlinepersonalitydisorder.com
info@neabpd.org

National Institute for Mental Health (NIMH)
6001 Executive Blvd. Rm 8184 MSC 9663
Bethesda, MD 20892-9663
Available in English and Spanish
1.866.615.6464 (toll free)
1.301.443.8431 (TTY)
1.866.415.8051 (TTY toll free)
Fax: 301.443.4279
www.nimh.nih.gov
nimhinfo@nih.gov

New England Personality Disorder Association (NEPDA)
BPD family workshops, regional conferences, education, advocacy, support
115 Mill St.
Belmont, MA 02478
617.855.2680
www.nepda.org
http://www.nepa.org/contact

New York-Presbyterian Weill Cornell Medical Center
offers BPD treatment resources
525 East 68th Street
New York, NY 10065
212-746-5454
Find a Doctor: 877-697-9355
http://www.nyp.org/bpdresourcecenter
Report to Congress on Borderline Personality Disorder
U.S. Department of Health and Human Services
Substance Abuse and Mental Health Services Administration (SAMHSA)
May, 2011
http://store.samhsa.gov/shin/content/SMA11-4644/SMA11-4644.pdf

Treatment Implementation Collaborative, LLC
Worldwide training, consulting and supervision, offering the evidence-based therapy, DBT, to mental health professionals. Clients are government agencies, private and non-profit organizations and individual treatment teams. Co-founders are Shari Manning, PhD, and Helen Best, M.Ed.
6327 46th Avenue SW, Suite 1A
Seattle, WA 98136
206-251-5134
www.ticllc.org

University of Massachusetts Medical School
Department of Medicine
Division of Preventive and Behavioral Medicine
Center for Mindfulness Stress Reduction Program
http://www.umassmed.edu/cfm/stress-reduction

Books and Publications


U.S. Department of Health and Human Services, commissioned by SAMHSA. *Borderline Personality Disorder.* CreateSpace Independent Platform, 2014. Available at:

Videos


Beyond Remission: Mapping BPD Recovery –Kiera Van Gelder, MFA. YouTube. www.youtube.com/watch?v=ux8-7EniZBM


It’s Not About the Nail. (About Listening) Posted by Jason Headley. YouTube. 22 May 2013. https://www.youtube.com/watch?v=-4EDhdAHrOg


The Function of Emotions: Marcia Linehan, “Borderliner Notes,” April 2017: https://www.youtube.com/watch?v=tR-O12A78hw

Shame: Marcia Linehan, “Borderliner Notes,” April 2017: https://www.youtube.com/watch?v=pgltM_lpSzU


Using Mindfulness to Regain Control During Crisis: Marcia Linehan, “NICABM” October 2013: https://www.youtube.com/watch?v=MXyatFoSbeY

Strategies for Emotion Regulation: Marcia Linehan, “Borderliner Notes,” April 2017: https://www.youtube.com/watch?v=IXFYV8L3sHQ
Why Distress Tolerance Skills Are Necessary, Marcia Linehan, “Borderliner Notes,” April 2017: https://www.youtube.com/watch?v=sJrgPC11VS0

Distress Tolerance Skills for Therapist and Patient, Marcia Linehan, “Borderliner Notes,” April 2017: https://www.youtube.com/watch?v=LVAr3c_1RO0

Interpersonal Effectiveness: Marcia Linehan, “Borderliner Notes,” April 2017: https://www.youtube.com/watch?v=3NzjE0ATaws

Mindfulness Skills I: Marcia Linehan, Faces Conference, October 2009: https://www.youtube.com/watch?v=Eec_SA6oSEA&list=PLNK-EH5RX4oXXoApZ-F8bQjIlHjMAX9p7&index=5

Mindfulness Skills II: Marcia Linehan, Faces Conference, October 2009: https://www.youtube.com/watch?v=-1ceBmqZnSI&list=PLNK-EH5RX4oXXoApZ-F8bQjInHjMAX9p7&index=7

Mindfulness Skills III: Marcia Linehan, Faces Conference, October 2009: https://www.youtube.com/watch?v=UTWITUGhDZs&list=PLNK-EH5RX4oXXoApZ-F8bQjIlHjMAX9p7&index=4

Mindfulness Skills IV: Marcia Linehan, Faces Conference, October 2009: https://www.youtube.com/watch?v=yolKQLvGylQ&t=55s

Mindfulness Skills V: Marcia Linehan, Faces Conference, October 2009: https://www.youtube.com/watch?v=TFYGEbDzjnM&t=184s

Audios

Axelrod, Seth, PhD, Overview of the BPD Diagnosis and Challenges, http://www.borderlinepersonalitydisorder.com/media-library/audio-presentations
Fruzzetti, Alan, PhD, *Dialectical Behavior Therapy (DBT)*
[http://www.borderlinepersonalitydisorder.com/media-library/audio-presentations](http://www.borderlinepersonalitydisorder.com/media-library/audio-presentations)


**Blogs**

*The Experience of Borderline Personality Disorder*, from the anthology “Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder”
[www.borderlinepersonalitydisorder.com/blog2/](http://www.borderlinepersonalitydisorder.com/blog2/)

**Various articles on Borderline Personality Disorder:** topics including: hope for, treatment of, understanding, fighting stigma of, relationships involving BPD, difference between BPD and Bi-polar, and more found at:

**Apps**

“**Safety Plan**” – App with green cross; free; has GPS; National Suicide Prevention Hotline

“**DBT Diary Card**” – Available on iTunes

“**DBT Skills Coach**” – Available on iTunes

“**Headspace**” – Mindfulness; available on Androids

“**DBT Self Help**” – Available on Androids

“**DBT 911**” – Available on Androids

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