

BORDERLINE PERSONALITY DISORDER

Where to go when you're looking for help

Last updated: August 2023

Borderline personality disorder (BPD) is a mental health condition that features unstable moods, behaviour and relationships. People with BPD often have difficulty regulating their emotions and thoughts, act impulsively and have chaotic relationships. They may have intense and unpredictable emotions (such as shame, anger or sadness), and may be coping with other mental health problems at the same time, such as depression, anxiety, substance use or an eating disorder.

With treatment and support, people with BPD can improve many areas of their lives that they find challenging. Therapy is the suggested treatment. The most common type is dialectical behaviour therapy. The goal is to help control intense emotions, reduce self-destructive behaviours and improve relationships.

BPD treatment is often provided by community-based agencies and private therapists who specialize in this disorder. It may also be provided through agencies that offer services for people with other mental health problems. Support for families is also available. Waitlists for services are common, but people with BPD and their families can access other resources for support.

Community-based Services

Broadview Psychology

889 Broadview Ave., Toronto, ON

broadviewpsychology.com

Tel.: 647 348-5140

intake@broadviewpsychology.com

Services: DBT treatment through individual therapy, phone/text coaching, group skills training, family/partner/caregiver group skills training, family/couples therapy; nutritional counselling; behaviour coaching; adolescent case management

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

camh

Eligibility: Age 8+, depending on program. Separate and tailored delivery for children, adolescents and adults

Referral: Self-referral

Fee: Varies by clinician and treatment type

Note: Wait time is 6–12 months for DBT and individual therapy

Canadian Mental Health Association – Dialectical Behaviour Therapy Program

700 Lawrence Ave. W., Suite 480, Toronto, ON

toronto.cmha.ca/programs-services/dialectical-behavioural-therapy-dbt-program

Tel.: 416 789-7957

info@cmhato.org

Services: Virtual, one-year intensive program for people with BPD that includes weekly individual counselling and skills groups. Additional weekly DBT skills groups (6-month or 12-week groups).

Eligibility: Age 18+; diagnosis of BPD, or emotional dysregulation with recent repeated suicide attempts (2+ in previous year), self-harm, psychiatric crises that result in frequent emergency room visits

Referral: Self-referral

Fee: Free

Notes: Toronto DBT program is full and not accepting referrals. Check website for updates.

Dialectical Living

Akasha Yoga Studio, 351 Danforth Ave., 2nd floor, Suite 1, Toronto, ON

www.dialecticalliving.ca

Tel.: 647 573-3287

info@dialecticalliving.ca

Services: Online 12-week or 24-week programs on basic DBT and advanced DBT; DBT for families, DBT for couples; Peer Share and Support, a drop-in for people with emotional dysregulation

Eligibility: People with emotional dysregulation or BPD, and their family and friends

Referral: Self-referral

Fee: Depends on program; discount for early registrants and payment up front. Programs and individual therapy may be covered by insurance plans that cover the services of registered social workers.

The Four Villages Community Health Centre – Surfing Tsunamis

3446 Dundas St. W., Toronto, ON

<https://4villageschc.ca/programs/mental-health>

Tel.: 416 604-6440

Services: 20-week virtual DBT skills group run in partnership with Davenport Perth Neighbourhood and Community Health Centre, Flemingdon Community Health Centre and Four Villages Community Health Centre

Eligibility: Individuals with emotion dysregulation, impulsive behaviour, BPD or BPD traits. Need to have your own therapist at the time of the group.

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Referral: Self-referral

Fee: Free

Notes: There is a waitlist. Need to complete phone screening to be placed on the waitlist. Contact: Debbie Tripp at (416) 656-8025 ext 239 or Eugenia Messner at ext 231

Grey Bruce Health Services – Mental Health and Addiction Services

1800 8th St. E., Owen Sound, ON

www.gbhs.on.ca/mental-health-addiction-services

Tel.: 519 376-2121 ext. 2460

web@gbhs.on.ca

Services: Skills training group, weekly individual counselling and phone consultations for clients in the one-year or three-month DBT programs

Eligibility: People with symptoms of BPD who meet diagnostic criteria

Referral: Self-referral

Ontario Shores Borderline Personality Self-Regulation Clinic

700 Gordon St., Whitby, ON

www.ontarioshores.ca/services/borderline-personality-self-regulation-clinic

Tel.: 905 430-4055 or 1 800 341-6323

centralizedreferral@ontarioshores.ca

Services: DBT provided by a team of psychologists, social workers, occupational therapists, nurses and other psychiatry staff

Eligibility: Age 18+ with BPD diagnosis, able to read and write at Grade 8 level, able to attend the clinic twice a week and attend group sessions

Referral: Referral from a health care professional or community agency

Note: Applicants start with an initial phone screening and may then be invited to a clinic for assessment

Sashbear Foundation

25 Hartfield Rd., Etobicoke, ON

sashbear.org/en/family-connections

Tel.: 416 523-0495

info@sashbear.org

Services: Family Connection, an online 12-week group or a two-weekend intensive group program for people in a relationship with someone who has emotion dysregulation or related problems

Eligibility: Age 18+ and in a relationship (even if estranged) with someone who has emotion dysregulation, BPD traits or BPD. Must commit to all classes when offered a spot.

Referral: Self-referral

Fee: Free

Notes: 12-week groups offered three times every year: January, June and September

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Stella's Place

54 Wolseley St., Toronto, ON
www.stellasplace.ca/programs
 Tel.: 416 461-2345
connect@stellasplace.ca

Services: Group DBT skills program. Separate DBT program available for people who are Black, Indigenous, people of colour.

Eligibility: Residents of central Toronto aged 16–29 who have difficulty with emotion regulation, relationships, impulsivity, other BPD characteristics

Referral: Self-referral

Fee: Free

Note: Applicants complete an intake form and are contacted in 8–10 months via email for an intake appointment.

Strides Toronto

1200 Markham Rd., Scarborough, ON (The Megan Residence)
<https://stridestoronto.ca/program-service/day-treatment-youth/>
<https://stridestoronto.ca/program-service/live-in-treatment-program-the-megan-residence/>
 Tel.: 1 866 585-6486 (intake)
contactus@stridestoronto.ca

Services: Day Youth Treatment Program (combination of academic classes and therapy, including DBT and life skills); live-in treatment (structured routines, DBT; youth reside at the Megan Residence). Both programs involve individual and family therapy.

Eligibility: Residents of Scarborough area. Day Youth Treatment Program: youth aged 12–18 with diagnoses including personality disorder, with a stated mental health concern and interest in counselling. Currently running two Grade 7 and 8 programs and three high school programs (teacher, child/youth worker and therapist need to be attached to the program and youth must be treatment ready). Live-in treatment: youth aged 12–18 with behavioural, emotional or psychological challenges.

Referral: Depends on program; Day Youth Treatment Program is self-referral from youth/family; live-in treatment requires referral by mental health professional or service coordinator through Help Ahead (see intake number above).

Fee: Free

Toronto Borderliners Family and Friends

www.meetup.com/Toronto-Borderliners-Family-and-Friends

Services: Meet-up group in Toronto for people who have family members or friends with BPD or BPD traits

Eligibility: Family and friends of people with BPD or BPD traits

Referral: Sign up on the website

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Toronto Borderliners, with Love

www.meetup.com/toronto-borderliners-with-love

Services: Community group for people with BPD or BPD traits

Eligibility: People with BPD or BPD traits who are at any stage of recovery

Referral: Sign up on the website

Hospital-based Services

CAMH Borderline Personality Disorder Clinic

1001 Queen St. W., Toronto, ON

www.camh.ca/en/your-care/programs-and-services/borderline-personality-disorder-clinic

416 535-8501 ext. 32437 press 5 (intake coordinator)

Services: Six- or 12-month DBT programs that include weekly two-hour skills groups, weekly individual therapy and phone coaching; six-month DBT skills-only group includes a two-hour weekly skills group; 12-week psychoeducational support group for family and friends of people with BPD (no diagnosis required)

Eligibility: Ages 18–65 with BPD; people in the skills group need a community therapist who can provide support during group treatment

Referral: Self-referrals accepted on an intake day. Check website at start of each month for intake dates.

Notes: Closed for new referrals. Check website for updates.

Hamilton Health Sciences – Lincoln Memorial Hospital, West Niagara Mental Health Team,

167A Main St. E., Grimsby, ON

Tel.: 905 309-3336

Services: BPD assessment; two six-month DBT groups that run weekly: one group for youth aged 18–25 (accompanied by a family member) and a second group for adults

Eligibility: People with BPD and others who would benefit from this treatment

Referral: Through family doctor

Note: Call to find out about the waitlist

St. Joseph's Healthcare Hamilton

St. Joseph's West 5th Campus, 100 West 5th St., Level 0, Block D, Hamilton, ON

www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/bridge-to-recovery-program

Tel.: 905 522-1155 ext. 33500

Services: Bridge to Recovery Managing Emotions group, a seven-week DBT-based group with two half days of programs and weekly hour-long sessions with a clinician

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Eligibility: Age 17+ living in the Hamilton area

Referral: Through Connect (central intake service at the hospital)

Stratford General Hospital

Special Services Unit, 90 John St. S., Stratford, ON

www.hpha.ca/psychiatricdayandeveningprogram#accordion-40-2

Tel.: 519 272-8210 ext. 2570

Services: Virtual DBT skills group

Eligibility: Age 16+ and a resident of Perth county. Must be able to manage two hours of instructions and complete assigned homework

Referral: Self-referral

Trillium Health Partners – Credit Valley Hospital, Transitional Age Youth Program

2200 Eglinton Ave. W., Mississauga, ON

trilliumhealthpartners.ca/patientservices/mentalhealth/childandadolescentservices/Pages/Transitional-Age-Youth-Program.aspx

Tel.: 905 813-4421

Services: Stabilization and treatment to ensure a successful transition from child and adolescent services to adult mental health services

Eligibility: Age 16–24 with symptoms of dysregulated mood, anxiety, psychosis or BPD, and their families or caregivers

Referral: Doctor's referral required through centralized intake at one-Link: www.one-link.ca

Online Resources

Borderline Personality Disorder: From the Inside Out

www.borderlinepersonality.ca

The site provides extensive information on BPD and DBT, including e-books, audio, video, articles and a free podcast called BPD Inside Out.

BPD Family

www.bpdfamily.com

The site provides extensive information on BPD, including short videos and the option to post about your own experiences.

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