



treatment center by educating others and bringing awareness to Borderline Personality Month.

### Destigmatize BPD Awareness Month

Borderline Personality Disorder is one of the most stigmatized mental illnesses. People living with BPD are often seen as "crazy" or "dangerous" and are often treated with fear or avoidance. We must bring this diagnosis to out of the darkness into the light. Individuals and families living with BPD deserve accurate information and should not be made to feel ashamed or embarrassed. We must all advocate dispelling the myths and misconceptions about borderline personality disorder. Only then can we reduce the stigma and provide those suffering from this illness with the help and support they need.

### Borderline Personality Month Blog

Each year, the National Education Alliance for Borderline Personality Disorder (NEABPD) publishes a blog called "A Post a Day in May" to help people learn more about BPD and promote recovery. NEABPD is an international nonprofit organization dedicated to providing education, training, and support to individuals with BPD, their families, and the professionals who treat them. Borderline personality disorder awareness month is important because it helps people learn about the condition and understand that recovery is possible. There is hope and there are people who care.

### Borderline Personality Month Educates the Public on BPD Warning Signs

There are nine symptoms commonly associated with BPD. They are frantic efforts to avoid abandonment, patterns of intense and unstable relationships with friends and family, impulsive



May is Borderline Personality Disorder Month. Celebrate and support Borderline Personality Month by recognizing the signs of BPD.



Support people suffering with BPD

and risky behaviors, substance abuse, reckless driving, binge eating, spending sprees, and gambling. If you or someone you know exhibits these symptoms, it is important to seek professional help. Left untreated, BPD can lead to serious problems including self-harm, attempted suicide, and successful suicide. However, with proper treatment, people with BPD can lead healthy and fulfilling lives.

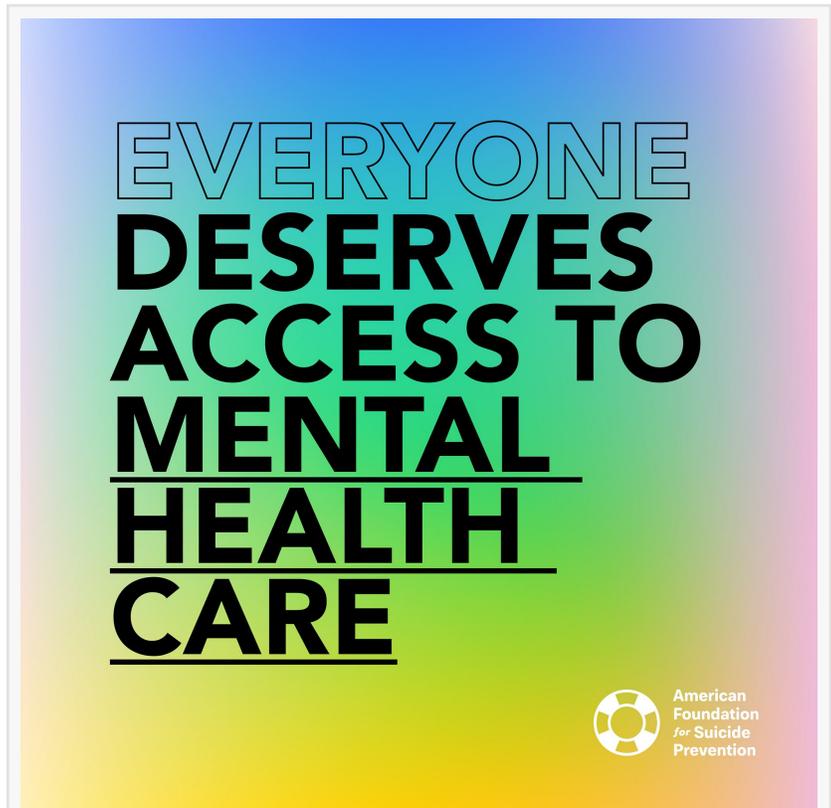
Borderline Personality Month  
Enlightens the people on recognizing  
BPD Symptoms

It's rare to see all the symptoms of borderline personality disorder (BPD) in one person, which can make diagnosis tricky. However, some common symptoms include distorted and unstable self-image, intense mood swings, chronic feelings of emptiness, inappropriate and uncontrollable anger, and dissociative feelings. People with BPD often also engage in suicidal and self-harming behavior as a way to cope with their intense emotions. If you or someone you know is exhibiting these symptoms, it's important to seek professional help.

Getting professional help and  
treatment for Borderline Personality  
Disorder

Talk therapy is the first-line treatment for BPD, and evidence indicates that Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Mentalization-Based Therapy (MBT) are all effective in treating the disorder. Medications can also be prescribed to help people with BPD manage their symptoms, although there are no known medications specifically designed to treat BPD.

In addition to professional treatment, peer and family support can also be helpful for people



**EVERYONE  
DESERVES  
ACCESS TO  
MENTAL  
HEALTH  
CARE**

American  
Foundation  
for Suicide  
Prevention

Access to BPD mental health care for everyone



Therapy is the first line of treatment for BPD

with BPD. Connecting with others who understand what you're going through can provide much-needed validation and support. If you have BPD, know that you are not alone and there is hope for recovery.

When seeking professional help for Borderline Personality Disorder, it's critical to find a therapist with experience treating BPD. Any therapist you consider should be fully licensed and accredited. Stated Alexandra Krotkevich, CEO of the We Level Up treatment center network.

Licensure and accreditation for qualified therapists should be easy to find. The last criteria for finding the right therapist is totally subjective: people seeking therapy should always trust their instincts. If the connection feels right, then trust that. If it doesn't, keep looking until you find someone whom you feel comfortable with.

During BPD Awareness Month, individuals learn risk characteristics and caution signs for mental health and addiction concerns. Education and information along with strategies on how to help someone in trouble and non-crisis situations, and where to turn for help are available. Learn more about dual diagnosis treatment for individuals struggling with substance abuse and mental health disorders. Call us today!

We Level Up treatment tailors the program to the individual and their individual plan to the program. We begin by evaluating our client's history of cognitive health, drugs, and alcohol-related past. The needs of each patient are detailed and personalized because we aim to deliver complete support for BPD mental health, addiction, and dual diagnosis treatment. A supportive environment is created accordingly to give patients 24-hour care. Whenever you need someone to talk to about treatment options to suit your situation, call us.

We Level Up treatment center network locations include:

1. We Level Up New Jersey rehab detox center
2. We Level Up [Florida mental health center](#)
3. We Level Up Deerfield rehab admissions office
4. We Level Up Fort Lauderdale rehab center
5. We Level Up [Boca Raton alcohol rehab center](#) admissions office
6. We Level Up [California rehab center](#)

We Level Up's treatment centers coming soon locations are to include:

7. We Level Up Washington behavioral health center

About We Level Up Treatment Centers

We Level Up is a renowned treatment center that applies evidence-based treatment modalities along with holistic programs to improve client recovery outcomes. Combining traditional

elements of SUD treatment, including supervised medical detox recovery coupled with intensive behavioral rehab. Offering cutting-edge advanced therapies, WeLevelUp is an accredited dual diagnosis drug and alcohol addiction and mental health care provider. Fully integrating co-occurring conditions into their programs, they provide a world-class comprehensive continuum of care through each stage of the treatment process. Their top-notch doctors, therapists, and counselors leverage the power of science to help clients succeed in rehab recovery.

We Level Up provides best-in-class treatment in multiple locations, with amenities and activities designed to reinforce recovery success metrics. Each client receives lifetime alumni support post inpatient treatment along with family resources to help maintain recovery momentum, even once they depart their treatment facilities. Their teams of highly trained professionals are dedicated to each client's success.

WeLevelUp.com is A-rated by the BBB and is a confirmed and verified business.

Sources:

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<https://welevelup.com/mental-health/how-bpd-affects-relationships/>

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<https://welevelupfl.com/behavioral-health/what-causes-bpd/>

[3] A Call for Standardized Definition of Dual Diagnosis BPD treatment – <https://welevelupfl.com/behavioral-health/bpd-treatment/>

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