

List of References and Resources

Crisis Lines, available 24/7

Age 16 years and up

Mental Health Crisis Line 613-722-6914, in Ottawa
1-866-996-0991, outside Ottawa, toll-free
<http://www.crisisline.ca/>

The crisis line is available anywhere in the City of Ottawa, Renfrew County, Stormont, Dundas & Glengarry Counties, Akwesasne and Prescott & Russell Counties.

Age 18 years and under

Youth Services Bureau 613-260-2360, in Ottawa
1-877-377-7775, toll-free for Eastern Ontario
crisis@ysb.on.ca

This Crisis Line service is for children and youth ages 18 and under, who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis.

Age 5 – 20 years

Kids Help Phone 1-800-668-6868
<http://www.kidshelpphone.ca/>

**Distress Centre
Ottawa and Area** 613-238-3311
If you are depressed, in distress, or in crisis, call the Distress Centre.

911 If you are in danger, call **911** immediately

Advocacy, Educational, and Health Organizations

eMentalHealth.ca

eMentalHealth.ca is a non-profit initiative of the [Ontario Centre of Excellence for Child and Youth Mental Health at CHEO](#), dedicated to improving the mental health of children, youth and families.

http://www.ementalhealth.ca/ottawa/en/ Mental_Health_Resource_Directory_a100_b1.html

The website has a listing of upcoming events and detailed directories of services available, including those for borderline personality disorder at:

http://www.ementalhealth.ca/ottawa/en/ Borderline_Personality_Disorder_BPD_a1_b176.html

Youth Services Bureau of Ottawa

YSB's Youth Mental Health Services

Youth Mental Health Walk-in Clinic, Youth and Family Counselling

www.ysb.ca

613-729-1000

24/7 Crisis Line: 613-260-2360; 1-877-377-7775 (toll-free for Eastern Ontario)

Mental Health Services for youth ages 12 to 18 – 613-562-3004; 2301 Carling Avenue (East of Lincoln Fields Transitway Station)

Mental Health Walk-In Clinic for youth ages 12 to 20 and/or their parents

Extended Access Drop-In, for ages 21 to 24 – 613-241-7788, ext. 300; 147 Besserer Street

Family Services Ottawa

312 Parkdale Avenue

Ottawa, Ontario K1Y 4X5

<http://familyservicesottawa.org>

613-725-3601

Counseling and support services to anybody in Ottawa who needs it

ConnexOntario

Health Services Information

Website: www.connexontario.ca

Mental Health Helpline: 1-866-531-2600

Family Advisory Committee

Website: <http://www.f-a-c.ca/>

Free downloads with useful information are available.

Hopewell

Community support for everybody affected by an eating disorder

Website: www.hopewell.ca

Hopewell provides supports for eating disorder recovery.

Mood Disorders Ottawa

Mood Disorders Ottawa Mutual Support Group (MDO) is a peer-run volunteer organization.

<http://www.mooddisordersottawa.ca/>

Info-line: 613-526-5406

Email: mdosupport@hotmail.com

Parents' Lifelines of Eastern Ontario (PLEO)

A non-profit family support organization for parents and caregivers whose children to age 24 are dealing with mental health and/or addiction challenges.

Tel: 613-321-3211

Toll-free: 1-855-775-7005

Website: <http://www.pleo.on.ca/>

E-mail: info@pleo.on.ca

Psychiatric Survivors of Ottawa

211 Bronson Ave, Suite 313

Ottawa, Ontario K1R 6H5
<http://www.psychiatricurvivors.org>
 613-567-4379
 E-mail: psychsurvivors@gmail.com

Ontario Community Health Centres

There are more than 100 Community Health Centres in Ontario. Services are free of charge or covered by OHIP.

Website: <http://www.health.gov.on.ca/en/common/system/services/chc/default.aspx>

Locations of Community Health Centres in Ontario are listed at the following website:

<http://www.health.gov.on.ca/en/common/system/services/chc/locations.aspx>

Following is a listing of Ontario Community Health Centres in Ottawa and vicinity.

Community Health Centres in Ottawa and vicinity

1. Carlington Community and Health Services

900 Merivale Road
 Ottawa, ON K1Z 5Z8
 Tel: 613-722-4000
 Website: www.carlington.ochc.org

2. Centretown Community Health Centre

420 Cooper Street
 Ottawa, ON K2P 2N6
 Tel: 613-233-4443
 Website: www.centretownchc.org

3. Pinecrest-Queensway Health and Community Services

203-1365 Richmond Road,
 Ottawa, ON K2B 6R7
 Tel: 613-820-4922
 Website: www.pqchc.com

4. Sandy Hill Community Health Centre (SHCHC)

221 Nelson Street
 Ottawa, ON K1N 1C7
 Tel: 613-789-8458
 Website: www.shchc.on.ca

5. Somerset West Community Health Centre

55 Eccles Street
 Ottawa, ON K1R 6S3
 Tel: 613-238-8210
 Website: www.swchc.on.ca

6. Somerset West Community Health Centre – Rosemount Branch

30 Rosemount Avenue

Ottawa, ON K1Y 1P4
 Tel: 613-688-1177
 Website: www.swchc.on.ca

7. South-East Ottawa Community Health Centre

1355 Bank Street, Suite 600
 Ottawa, ON K1H 8K7
 Tel: 613-737-5115
 Website : www.seochc.on.ca

8. Lanark Renfrew Health and Community Services

207 Robertson Drive
 Lanark, ON K0G 1K0
 Tel: 613-259-2372
 Website: www.lanarkhealth.on.ca

9. Lanark County Mental Health

88 Cornelia Street W., Unit A2
 Smiths Falls, ON K7A 5K9
 Tel: 613-283-2170
 Website: <http://lanarkmentalhealth.com/>

10. Lanark County Mental Health – Carleton Place (Satellite Office)

5 Bates Drive, Unit 14
 Carleton Place, ON K7C 4J8
 Tel: 613-257-5915
 Website: <http://lanarkmentalhealth.com/>

11. Seaway Valley Community Health Centre

353 Pitt Street
 Cornwall, ON K6J 3R1
 Tel: 613-936-0306
 Website: www.seawayvalleychc.ca

12. Le Centre de santé communautaire de l'Estrie

841 Sydney Street, Suite 6
 Cornwall, ON K6H 3J7
 Tel : 613-937-2683
 Website: www.cscestrie.on.ca

13. Rideau Community Health Services

354 Read Street, PO Box 550
 Merrickville, ON K0G 1N0
 Tel: 613-269-3400
 Website: www.rvds.ca

14. Kingston Community Health Centres

263 Weller Avenue
 Kingston, ON K7K 2V4
 Tel: 613-542-3872
 Website: www.kchc.ca

15. Kingston Community Health Centres – Street Health Centre

235 Wellington Street
 Kingston, ON K7K 0B5
 Tel: 613-549-1440
 Website: www.kchc.ca

Royal Ottawa Mental Health Centre

1145 Carling Avenue, Ottawa, Ontario K1Z 7K4
 Family Information and Support Groups
<http://www.theroyal.ca/en/events/family-information-and-support-groups/>
 613-722-6521
 Toll free: 1-800-987-6424

Mental Health Community Library, located at the Royal Ottawa Mental Health Centre

This library is open to anyone who wants information about mental illness or addictions.
 Open every day. Hours: Monday to Friday 9:00 am – 4:30 pm and 6:00 pm – 9:00 pm
 Saturday and Sunday 10:00 am – 2:00 pm

For information on the Library:

<http://www.theroyal.ca/en/accessing-care-at-the-royal/mental-health-community-library/>
 Or call 613-722-6521, ext. 6899; or e-mail communitylibrary@rohcg.on.ca

Children’s Hospital of Eastern Ontario

401 Smyth Road
 Ottawa, ON K1H 8L1
 Tel: 613-737-7600
 Website: <http://www.cheo.on.ca/en/information-mental-health-services>

CHEO is one of the largest providers of child and youth mental health services in Ontario.
 CHEO has created the following special mental health website to help navigate the many services and resources available to children, youth, and their families:

http://www.cheo.on.ca/en/cheoMentalHealth?mid=ct100_LeftMenu_ct100_TheMenu-menuItem000

The Ottawa Hospital

Civic Campus, 1053 Carling Avenue
 General Campus, 501 Smyth Road
 Riverside Campus, 1967 Riverside Drive
 Website for mental health services:
<https://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/ClinicalServices/DeptPgrmCS/Departments/MentalHealth/OurServices>

Main phone line: 613-722-7000

Queensway Carleton Hospital

3045 Baseline Road

Ottawa, ON K2H 8P4

Tel: 613-721-2000

Website for mental health services: <https://www.qch.on.ca/mentalhealth>

Canadian Mental Health Association, Ottawa Branch

1355 Bank Street, Suite 301, Ottawa, Ontario K1H 8K7 (across from Billings Bridge Plaza)

<http://www.cmhaottawa.ca>

(613) 737-7791

CMHA maintains a library with videos and DVDs on mental health issues that can be borrowed.

<http://www.cmhaottawa.ca/infoarchive-videos.htm>

CMHA also offers a Dialectical Behavior Therapy (DBT) program.

Hôpital Montfort

713, Montreal Road

Ottawa (Ontario) K1K 0T2

Inquiries: 613-746-4621 ext. 2400

Mental Health Program: <http://www.hopitalmontfort.com/mental-health-program.cfm>

L'Apogée

92, boul St-Raymond, bureau 304

Gatineau (Hull)

819 771-6488

Monthly family support meetings for family members of persons with mental disorders.

Family members must meet with a counselor prior to attending the meetings.

Website: www.lapogee.ca

Behavioral Tech

Dialectical behavior therapy training, referrals, and resources

2133 Third Avenue, Suite 205, Seattle, WA 98121

www.behavioraltech.com; email: information@behavioraltech.org

206-675-8588

National Alliance on Mental Illness (NAMI)

3803 N. Fairfax Drive, Suite 100, Arlington, VA 22203

12-week NAMI Family-to-Family Education Program is offered in Ottawa

www.nami.org; email: info@nami.org

Helpline: 1-800-950-6264

National Education Alliance for Borderline Personality Disorder (NEA-BPD)

P. O. Box 974, Rye, NY 10580

www.borderlinepersonalitydisorder.com; email: neabpd@aol.com

914-835-9011

Centre for Addiction and Mental Health

<http://www.camh.net>

(416) 535-8501

Toll free: 1-800-463-6273

Borderline personality disorder, An information guide for families. 2009 (available in English and French on CAMH website)

Additional Websites

Randi Kreger's site: <http://www.bpdcentral.com>

Tami Green's site: www.borderlinepersonalitysupport.com

Robert Friedel's site: www.bpddemystified.com

www.mytriptoozandback.com

www.outofthefog.com

A list of BPD organizations and resources is available at:

www.BuddhaAndTheBorderline.com

Books on Borderline Personality Disorder

Aguirre, B., 2007. *Borderline Personality Disorder in Adolescents: A Complete Guide to Understanding and Coping When Your Adolescent Has BPD.* Beverly, MA: Fair Winds Press.

Chapman, A. L., and K. L. Gratz. 2007. *The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD.* Oakland, CA: New Harbinger.

Elliott, C. H., and L. L. Smith. *Borderline Personality Disorder for Dummies.* Hoboken, N.J.: Wiley Publishing Inc.

Freeman, Arthur, Mark H. Stone, and Donna Martin, editors, 2005. *Borderline Personality Disorder: A Practitioner's Guide to Comparative Treatments.* New York: Springer Publishing Company.

Friedel, R.O., 2004. *Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD.* New York: Marlowe & Company.

Fruzetti, A. 2006. *The High Conflict Couple.* Oakland, CA: New Harbinger.

Gunderson, J.G., and P. D. Hoffman. 2005. *Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families*. Washington, D.C.: American Psychiatric Press, Inc.

Gunderson, J. G., with P. S. Links. 2008. *Borderline Personality Disorder: A Clinical Guide*, 2nd Edition. Arlington, VA: American Psychiatric Publishing.

Hoffman, P. D. and J. G. Gunderson, 2016. *Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder*. Oakland, CA: New Harbinger.

Hoffman, P. D., and P. Steiner-Grossman. 2007. *Borderline Personality Disorder: Meeting the Challenges to Successful Treatment*. Philadelphia, PA: Haworth Press.

Krawitz, R., and W. Jackson. 2008. *Borderline Personality Disorder: The Facts*. Oxford, UK: Oxford University Press

Kreger, R. 2009. *The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells*. Center City, MN: Hazelden.

Randi Kreger and Erik Gunn. *The ABC's of BPD: The Basics of Borderline Personality Disorder for Beginners*, 2007.

Manning, Shari Y., 2011. *Loving Someone with Borderline Personality Disorder*. New York: Guilford Press.

Mason, P. T., and R. Kreger. 1998. *Stop Walking on Eggshells*. Oakland, CA: New Harbinger.

Paris, J. 2008. *Treatment of Borderline Personality Disorder: A Guide to Evidence-Based Practice*. New York: Guilford Press.

Porr, V. 2010. *Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change*. Oxford, UK: Oxford University Press.

Roth, K., and F. B. Friedman. 2003. *Surviving a Borderline Parent*. Oakland, CA: New Harbinger.

Tusiani, Bea, 2013. *Remnants of a Life on Paper: A Mother and Daughter's Struggle with Borderline Personality Disorder*. New York: Baroque Press.

Woolis, R. 1992. *When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers*. New York: Tarcher Putnam.

Books on Dialectical Behavior Therapy

Fruzzetti, A. 2017. *The Family Guide to Borderline Personality Disorder: Finding Peace in Your Family Using Dialectical Behavior Therapy*. Oakland, CA: New Harbinger.

Koerner, K. 2012. *Doing Dialectical Behavior Therapy: A Practical Guide*. New York: Guilford.

Linehan, M. M. 1993. *Cognitive-Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford.

Linehan, M. M. 1993. *Skills Training Manual for Treating Borderline Personality Disorder*. New York: Guilford.

Linehan, M. M. 2014. *DBT Skills Training Manual*. New York: Guilford.

McKay, M., J. C. Wood, and J. Brantley. 2007. *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance*. Oakland, CA: New Harbinger.

Spradlin, S. E. 2003. *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control*. Oakland, CA: New Harbinger.

Van Gelder, K. 2010. *The Buddha and the Borderline*. Oakland, CA: New Harbinger.

BPD Memoirs

Cox, V., and L. Robinson (eds.). 2005. *Voices Beyond the Border: Living with Borderline Personality Disorder*. Brentwood, UK: Chipmunkpublishing.

Johnson, M. L. 2010. *Girl in Need of a Tourniquet: Memoir of a Borderline Personality*. Berkeley, CA: Seal Press.

Reiland, R. 2004. *Get Me Out of Here: My Recovery from Borderline Personality Disorder*. Center City, MN: Hazelden.

Walker, A. 2003. *Siren's Dance: My Marriage to a Borderline*. Emmaus, PA: Rodale Books.

Books on Mindfulness and Buddhism

Aguirre, B. A. and G. Galen. 2013. *Mindfulness for Borderline Personality Disorder – Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy*. Oakland, CA: New Harbinger Publications.

Dzongsar Jamyang Khyentse Rinpoche. 2007. *What Makes You Not a Buddhist*. Boston: Shambhala Publications.

Kabat-Zinn, J. 2005. *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. New York: Hyperion.

Khenchen Konchok Gyaltzen Rinpoche. 2010. *A Complete Guide to the Buddhist Path*. Ithaca, New York: Snow Lion Publications.

Pema Chödrön. 1991. *The Wisdom of No Escape and Path of Loving-Kindness*. Boston: Shambhala Publications.

Thich Nhat Hanh. 1999. *The Miracle of Mindfulness*. Boston: Beacon Press.

Yongey Mingyur Rinpoche. 2007. *The Joy of Living: Unlocking the Secret and Science of Happiness*. New York: Three Rivers Press.

Multimedia

Back from the Edge: Living with and Recovering from Borderline Personality Disorder. 2005. Produced by Lichtenstein Creative Media (www.lcmmedia.com) and the Borderline Personality Disorder Resource Center (www.bpdresourcecenter.org).

To view: www.LCMedia.com/BPD

To order DVD: www.bpdresourcecenter.org

RethinkBPD: A Documentary on Borderline Personality Disorder. Release date 2012. Produced by Amanda Wang and Jesse Sweet.

For more information: www.rethinkbpd.com.

Living with Borderline Personality Disorder: A Guide for Families. 2010. Produced by Dawkins Productions, Inc.

To order: www.dawkins.tv.

From Chaos to Freedom: DBT Crisis Survival Skills. 2008. Produced by Behavioral Tech, LLC featuring Dr. Marsha Linehan.

To order: <http://behavioraltech.org/products>

Articles for Families / Family Connections

Hoffman, P. D., A. E. Fruzzetti, E. Buteau, E. R. Neiditch, D. Penney, M. L. Bruce, F. Hellman, and E. Struening. 2005. Family Connections: A program for relatives of persons with borderline personality disorder. *Family Process* 44:217-225.

Hoffman, P. D., E. Buteau, J. M. Hooley, Dr. Phil, A. E. Fruzzetti, and M. L. Bruce. 2003. Family members knowledge about borderline personality disorder: correspondence with their levels of depression, burden, distress and expressed emotion. *Family Process* 42(4):469-478.

Hooley, J. M., Dr. Phil, and P. D. Hoffman. 1999. Expressed emotion and clinical outcome in borderline personality disorder. *American Journal of Psychiatry* 158(10):1557-1562.

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Rajalin, M., L. Wickholm-Pethrus, T. Hursti, and J. Jokinen. Dialectical behavior therapy-based skills training for family members of suicide attempters. *Archives of Suicide Research* 13:257-263.

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Fruzzetti, A. E., C. Shenk, and P. D. Hoffman. 2005. Family interaction and the development of borderline personality disorder: A transactional model. *Development and Psychopathology* 17:1007-1030.

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Fruzzetti, A. E., D. A. Santisteban and P. D. Hoffman. 2007. Dialectical behavior therapy with families. In: L. A. Dimeff and K. Koerner (eds.) *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings*, pp. 224-244. New York: Guilford Press.

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