

BORDERLINE PERSONALITY DISORDER

Where to go when you're looking for help

Updated: June 2026

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 may experience difficulties maintaining stable relationships. They may have intense and unpredictable emotions (such as shame, anger or sadness) and 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. Dialectical behaviour therapy (DBT) is one of the most widely used and well-studied treatments for BPD. Other effective therapies include mentalization-based therapy (MBT) and schema therapy. The goal is to help control intense emotions, reduce self-destructive behaviours and improve relationships. There is no medication specifically approved to treat BPD, but medications may sometimes be used to help manage mood or anxiety symptoms.

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. Wait-lists for services are common, but people with BPD and their families can access other resources for support.

Community-based Services

Broadview Psychology

889 Broadview Avenue, Toronto
<https://broadviewpsychology.com>
Tel.: 647 348-5140

intake@broadviewpsychology.com

Services: Specialized DBT treatment offered long-term (e.g., at least 8 months) through individual therapy for children (DBT-C), young adolescents (DBT-YA), adolescents (DBT-A), young adults (DBT-TAY), adults (DBT-Adult) and those with eating disorders (DBT-Eating Disorders); treatment involves coaching via text/phone, group skills training, family/partner/couple therapy, nutritional/dietician counselling, behaviour coaching, case management and consultation team meetings; offers assessment services, including psychoeducational, psychodiagnostics, comprehensive developmental and brief cognitive assessments

Eligibility: Individuals age 8+, depending on the program; separate and tailored delivery for children, adolescents and adults

Referral: Self-referral accepted

Fee: Varies by clinician and treatment type

If any of this information is incorrect or outdated, please email the information to us at access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health info and help finding services: <https://camh.ca/pfls>

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

Canadian Mental Health Association (CMHA), DBT Program

700 Lawrence Avenue West, Suite 480, Toronto | 1200 Markham Road, Suite #500, Scarborough

<https://cmhato.org/programs/dbt>

Tel.: 416 789-7957

info@cmhato.org

Services: 12-week skills group for individuals with BPD offered both virtually and in-person where four main skills are taught—mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness; homework is assigned to help clients practise these skills

Eligibility: Adults age 18+ who have been diagnosed with BPD or emotional dysregulation

Referral: Self-referral accepted (form available online)

Fee: Free

Note: The program is currently full and not accepting referrals at this time (check website for updates)

Davenport-Perth Neighbourhood and Community Health Centre (DPNCHC), Surfing Tsunamis: DBT Group Program

1892 Davenport Road, Toronto

www.dpnchc.ca/service-page/dbt-group-therapy

Tel.: 416 656-8025, ext. 239 or ext. 231

Services: A 20-week virtual DBT skills group for people with BPD, BPD traits or challenges with extreme emotion dysregulation and impulsive behaviours

Eligibility: Individuals who already have ongoing individual therapy at DPNCHC or elsewhere

Referral: Self-referral accepted; must complete phone screening to be placed on wait-list

Fee: Free

Languages: English, Spanish and Portuguese

Note: Walk-in services are not available; clients without a health card are accepted

Dialectical Living

www.dialecticalliving.ca

<https://dialectical-living-school-of-dbt.learnworlds.com/courses>

Tel.: 647 573-3287

info@dialecticalliving.ca

Services: Virtual live 12-week or 24-week programs on basic DBT and advanced DBT, as well as Individual DBT Therapy; specialized online programs, including DBT for Teens and DBT for Couples; family support group for parents of teens with BPD and emotional dysregulation challenges (offered as a lunch-and-learn on Wednesdays, 1:00–2:00 p.m.); individual family sessions offered for one-on-one support; free weekly online DBT aftercare support group (offered every Friday, 1:00–2:00 p.m.); self-paced courses via the School of DBT; hosts workshops and free info sessions; offers DBT resources for a fee, including a reminder booklet, colouring books and reminder cuddle buddies

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

Referral: No referral required

Fee: Depends on the program; discounted rates available for early registration and upfront payment; subsidies are also available (email to see if you qualify)

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Grey Bruce Health Services, Mental Health Counselling

1415 1st Avenue West, Suite 3011, Owen Sound

<https://greybruce.cmha.ca/mental-health-support>

Tel.: 519 371-3642, ext. 3212 | 1 888 451-2642 (toll free)

Services: Provides individual and group counselling to individuals who are living with mental health issues or situational crises, utilizing DBT as a therapeutic model

Eligibility: Individuals age 16+ with mental health concerns

Referral: Self-referral accepted (form available online)

Fee: Free

Note: All services are by appointment only (drop-in clinics are available); the length of time to be admitted into the program varies

Ontario Shores Borderline Personality Self-Regulation Clinic

700 Gordon Street, Whitby

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

Tel.: 905 430-4055 | 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: Individuals age 18+ with BPD diagnosis, able to read and write at Grade 8 level, able to attend the clinic twice a week and group sessions

Referral: Referral required 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, Family Connections (FC)

25 Hartfield Road, Etobicoke

<https://sashbear.org/family-connections>

Tel.: 416 523-0495 | 1 888 523-0495

info@sashbear.org

Services: A 24-hour group program (offered online as a 12-week group or a two-weekend intensive group program) for people in a relationship with someone who has emotion dysregulation or related problems; focuses on education of emotion dysregulation, individual skills based on DBT, relationship skills and communication skills

Eligibility: Individuals age 18+ 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 in a group

Referral: No referral or formal diagnosis required

Fee: Free

Languages: English and French

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

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Stella's Place

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

Services: Programs available in three categories—drop-in, by appointment and via registration; offers in-person drop-in counselling, DBT Skills (wait-list), BIPOC DBT Group, and DBT Refresh (available to anyone who has previously participated in DBT programming where they can practice DBT skills)

Eligibility: Young adults, ages 16–29, living in Toronto (with an M postal code)

Referral: No referral required

Fee: Free

Note: Applicants complete an intake form (available online) and are contacted in 8–10 months via email for an intake appointment; some programs are wait-listed

Strides Toronto

100 Consilium Place, Suite 600, Toronto
<https://stridesutoronto.ca/program-service/day-treatment-youth>
<https://stridesutoronto.ca/program-service/live-in-treatment-program-the-megan-residence>
Tel.: 416 438-3697 | 1 866 585-6486 (Help Ahead for intake/referral)
contactus@stridesutoronto.ca

Services: Day Treatment – Youth Program offers a combination of academic classes and therapy (individual and family), including DBT and life skills; Live-In Treatment Program where youth residing at The Megan Residence receive short- and/or long-term treatment with structured daily routines, DBT treatment, as well as individual and family therapy

Eligibility: Day Treatment – Youth Program is open to youth, ages 12–18, residing in Scarborough and from all Toronto School Boards, who are not able to succeed in a community school and have a stated mental health concern and interest in counselling; Live-In Treatment Program is open to youth, ages 12–17, seeking support with behavioural, emotional and/or psychological challenges that interfere with their daily lives and can no longer live at home

Referral: All referrals accepted for the Day Treatment – Youth Program, including self-referral from youth or family; Live-In Treatment Program requires referral by a 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: Meetup community group in Toronto for people who have family members or friends with BPD or BPD traits; provides support for those seeking more information and a space to chat with others in similar circumstances; hosts events to encourage helpful and positive discussion with others

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

Referral: Request to join via the above website

Toronto Borderliners, With Love

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

Services: Meetup community group for people with BPD or BPD traits; provides a safe and supportive space for those at all stages of recovery to connect with others who are similar

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

Referral: Request to join via the above website

Hospital-Based Services

Centre for Addiction and Mental Health (CAMH), BPD Clinic

60 White Squirrel Way, Toronto

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

Tel.: 416 535-850, ext. 39255 (press 5 for intake coordinator)

Services: Offers 24-week to 12-month group treatment in DBT skills, including mindfulness, interpersonal effectiveness, distress tolerance and emotion regulation

Eligibility: Individuals, ages 18–65, with BPD; those in the 24-week skills group (two hours, once a week) must have a therapist in the community who they are seeing at a minimum every few weeks and can provide support during group treatment

Referral: Self-referrals accepted on an intake day (check website at the start of each month for dates)

Notes: Currently closed for new referrals (check website for updates); wait-list is available online for only primary care physicians to add their name and email

St. Joseph's Healthcare Hamilton (SJHH), Bridge To Recovery Program

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

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

Tel.: 905 522-1155

Services: Offers various group therapy options organized into the following four streams—Managing Emotions Stream (an intensive DBT-based group for clients who struggle with emotional dysregulation and includes two half days [two hours each] of core programming and weekly one-hour sessions with an assigned clinician, running for seven weeks); Peer Support Group (a confidential, informal drop-in support/social group offered weekly); Wellness Recovery Action Planning (WRAP) (a five-session group for clients who have completed core programming); and Therapeutic Recreation Groups (offered on a weekly basis to help clients focus on recovery goals)

Eligibility: Individuals age 17+ living in the Hamilton area

Referral: Self-referral accepted through Connect, SJHH's central intake service (form available online)

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Stratford General Hospital

Special Services Unit, 90 John Street South, Stratford

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

Tel.: 519 272-8210, ext. 2570 | 1 888 275-1102, ext. 2570 (toll-free)

Services: Offers a DBT skills group (2-hour duration) consisting of group instructions and dialogue, as well as assigned homework; services include assessment and treatment planning, individual counselling and group counselling

Eligibility: Individuals age 16+ and residents of Perth County, who are ready to engage in goal-oriented therapy and experiencing mental health and/or addiction issues; must be able to manage two hours of instruction and complete assigned homework

Referral: Self-referral accepted (form available online)

Trillium Health Partners Transitional Age Youth (TAY) Program

The Credit Valley Hospital, 2200 Eglinton Avenue West, Mississauga

<https://thp.ca/patientservices/mentalhealth/childandadolescentservices/Pages/Transitional-Age-Youth-Program.aspx>

Tel.: 905 451-4655 | 905 338-4123 (one-Link)

Services: Provides stabilization and short-term treatment to ensure a successful transition from child and adolescent services to adult mental health services; offers comprehensive assessment and consultation, individualized treatment plans, specialized individual and group treatment services, and facilitation of referrals and community partnerships

Eligibility: Transitional age youth, ages 16–24, with symptoms of dysregulated mood, anxiety, psychosis or BPD; services are offered to both patients and their families or caregivers

Referral: Doctor's referral required through centralized intake at one-Link

West Lincoln Memorial Hospital, West Niagara Mental Health Team

169 Main Street East, Grimsby

www.westniagaramentalhealth.com

Tel.: 905 945-2253, ext. 11440

Services: Provides consultations/assessments, talk-based treatments within a group and ongoing case/care management services (provided as needed); offers individual DBT skills and multifamily DBT skills programs

Referral: Recommended to obtain a referral via a family physician; if you do not have a family physician or there is another problem, call the number above for further assistance

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Online Resources

BPD Family

www.bpdfamily.com

administrator@bpdfamily.com

Services: Online support group for family members of individuals with BPD and other personality/impulse disorders; provides extensive information on BPD, including diagnosis and treatment, question-and-answer boards, discussion groups/forums, tips for specific situations/scenarios (e.g., child with BPD, sibling or parent with BPD, boyfriend/girlfriend with BPD), as well as a collection of posts on tools and skills (e.g., ending conflict, mindfulness, empathetic listening, workshops, book reviews)

BorderMinds

www.borderminds.org

bordermindsbpd@gmail.com

Services: Provides educational resources and support to help individuals manage and thrive with BPD; offers various events and programs, including online peer support groups, chat rooms, DBT skills workshops, community-building events (e.g., group outings, social meet-ups) and a list of resources and tools (e.g., community spaces and supports, book recommendations, podcasts, apps, tactile tools)

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