

Addressing patients with personality disorder

October 25, 2023

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The CoP is one component of the **OCFP's Practising Well program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well>
- Peer Connect (mentorship program) - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Type	Link
BORDERLINE PERSONALITY DISORDER Where to go when you're looking for help	Community Resources	https://www.camh.ca/-/media/files/education-2021/community-resource-sheets/borderline-personality-disorder-resources-pdf.pdf
Dialectical Behaviour Therapy (DBT) Program, CMHA Toronto	Program	https://cmhato.org/programs/dbt/
The Shashbear Foundation	Mental Health and Suicide Prevention Organization	https://sashbear.org/
The myth of the "Manipulative Personality Disorder": taking the blame out of the illness	Article	https://thischangedmypractice.com/personality-disorders-taking-the-blame-out-of-the-illness/