



Understanding the Stigmatization of Borderline Personality Disorder

Borderline Personality Disorder (BPD) is often **one of the most stigmatized mental health diagnoses**, not just among the general public but also among health care professionals.

But what actually is Borderline Personality Disorder? How might it manifest? How does it affect the individual? And why is it so stigmatized?

Join us online on Wednesday, September 8th at 7PM with Suzanne Cunningham, to hear answers to these questions and more. Interwoven with the educational material, Suzanne will also speak candidly about her own **lived experience** with and **recovery** from a diagnosis of Borderline Personality Disorder.

About Suzanne:

After discovering a path to wellness in 2016 from a lifetime of struggling with mental health challenges, Suzanne has become a passionate mental health advocate. She takes every opportunity to **question the stigma** around mental illness while sharing her own lived experience and recovery journey. Suzanne has become part of **systemic change** in health care working as a Peer Support Worker with Alberta Health Services. Currently she also moonlights as a Wellness Recovery Action Plan (WRAP) facilitator and contributes to various peer support and mental health committees. She has delivered her talk on BPD and Stigma various times to the public, clinicians, and family groups.

There will be an opportunity to ask Suzanne questions at the end of the lecture.

The lecture and the **Q&A** will last 1.5hrs in total.

Sept 8th

Suzanne Cunningham

7:00-8:30 PM

Online via Zoom