

# Are you an informal caregiver to a person diagnosed with Borderline Personality Disorder (BPD)?

Are you a friend, family member, or partner caring for someone with BPD?

Do you feel a **sense of mental and physical exhaustion due to your caring role?**

## What are the criteria?

- Must be 18 years or over.
- A family member, friend or partner with a close relationship to a person diagnosed with BPD.
- Not professionally paid to care for a person diagnosed with BPD.
- Caring for person diagnosed with BPD for at least 6 months.
- Experiencing mental and physical exhaustion due to your caring role for at least 3 months.

## What to expect?

A one-to-one MS teams' interview, up to 60 minutes.

## Why?

Share your experiences to help us better understand the challenges caregivers face and find ways to enhance support services for them.

Participants will receive a **£20** shopping voucher for their time.



To take part or ask any questions, please email;  
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**Your voice matters! Help us understand and improve the caregiving experience for those affected by BPD.**