



MAY IS BORDERLINE PERSONALITY DISORDER AWARENESS MONTH

HOW BPD AWARENESS MONTH CAME TO BE

Borderline Personality Disorder Awareness Month, observed in **May**, was established to raise public awareness, promote understanding, and reduce stigma surrounding BPD—a condition often misunderstood and stigmatized even within the mental health field.

GRASSROOTS ORIGINS

The push for official recognition of BPD Awareness Month began with **grassroots advocacy** led by families, individuals with lived experience, and clinicians affiliated with the **National Education Alliance for Borderline Personality Disorder (NEABPD)**. Founded in 2001, NEABPD plays a central role in organizing public education efforts, training clinicians, and supporting families.

In the early 2000s, advocates began lobbying for federal recognition to bring attention to the unique challenges of those affected by BPD and the need for research, education, and destigmatization.

CONGRESSIONAL RECOGNITION

At the request of NEABPD, on **April 1, 2008**, the **U.S. House of Representatives passed House Resolution 1005** by a unanimous vote (414–0), officially designating **May as Borderline Personality Disorder Awareness Month**.

The resolution was sponsored by **Representative Tom Davis (R-VA)** and **Representative Chris Van Hollen (D-MD)**, with strong bipartisan support from over 50 co-sponsors, including **Representative Nita Lowey (D-NY)** and **Representative Jo Ann Davis (R-VA)**.

This legislative milestone was influenced by Congressional hearings held on **May 8, 2007**, organized by NEABPD, where families, researchers, and clinicians testified about the urgent need for awareness, treatment access, and stigma reduction.