

## Do you or someone you know struggle with **impulsive** and **self-destructive** behaviours?

We are offering a 20-week skills-based treatment for people with a diagnosis of Borderline Personality Disorder.

Eligible Participants will take part in a research study evaluating a 20-week Dialectical Behavior Therapy (DBT) group treatment (two hours, once weekly) at the Centre for Addiction and Mental Health.

### To be eligible:

- You must be between ages 18-60
- You must be able to attend weekly group sessions in Toronto (College & Spadina)
- You cannot currently be in DBT group treatment
- We ask that all participants have ongoing contact with a health professional
- You must pass a brief phone screening evaluating symptoms of Borderline Personality Disorder

If you feel that you or someone you know may benefit from this study, please call:

**416-535-8501 x2437, OPTION 2 (study only)**

or email:

[greg\\_williams@camh.net](mailto:greg_williams@camh.net)

We appreciate your interest. All queries are strictly confidential.

For more information about programs and services at CAMH please visit [www.camh.net](http://www.camh.net) or call 416-535-8501 (or 1-800-463-6273)