



Le trouble de la personnalité limite: Guide d'information (French Edition)

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Une personne qui a un trouble de la personnalité a généralement de la difficulté à entretenir des relations et à faire face à des situations sociales, à composer avec ses émotions et ses pensées, à comprendre comment ou pourquoi son comportement cause des problèmes et à changer pour s'adapter à différentes situations. De leur côté, les proches et les amis de personne atteinte par un TPL font face à une situation difficile.

Ce livret s'adresse aux personnes dont un proche est aux prises avec un trouble de la personnalité limite (TPL). Le guide fournit des renseignements sur les symptômes, les causes et le traitement du TPL. On y discute des moyens de soutenir une personne ayant un TPL ainsi que de ce que les membres de la famille et les amis peuvent faire pour prendre soin d'eux-mêmes. Les thèmes de la prévalence, des préjugés et des perspectives après le rétablissement y sont également abordés.

Les lecteurs trouveront dans ce guide des renseignements sur les traitements et sur des ressources supplémentaires.

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