



Are you a male with BPD?

Beyond the Borders

We are starting a new group!

We are a small peer-led group who focus our meetings around understanding our diagnosis and living with it



We aim to provide a supportive community where you can explore coping strategies and exchange ideas. We will meet every week!

We are having a meeting on **Zoom Wednesday 24 July** 6.30pm

We welcome anyone from the UK For more information please contact btbgroup@rethink.org or call 07576 366647

rethink.org



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