



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

