(DRAFT TEMPLATE - ILLINOIS HR For BPD Awareness Month EMAIL 5.2.23)

May 1 ,2023

Dear [Insert Legislators Title and Name],

I am writing to ask for your support for **House Joint Resolution HJR0030 to declare May of 2023 as Borderline Personality Disorder Month in the State of Illinois.**

Borderline Personality Disorder (BPD) is a serious mental illness affecting between 1-2% of the population, which is 250,000 Illinois residents. Symptoms of BPD include emotional dysregulation, impulsivity, difficulty in relationships, self-harm and suicidality.

Up to 70% of people diagnosed with BPD experience a suidice attempt during the course of their lifetime, and sadly, 10% die by suicide. When symptoms are untreated, BPD can disrupt employment and daily functioning, often causing other social problems like homelessness, incarceration or addiction.

Five-evidence-based treatments exist to treat BPD and promote recovery. However, these treatments are not accessible to the majority of Illinois residents, due to lack of insurance coverage, trained providers and insufficient provider reimbursement rates.

**Testimony for this bill will be presented to the Illinois General Assembly Mental Health & Addiction Committee on Thursday, May 11th** by representatives from Emotions Matter, the National Education Alliance for BPD, and others.

**We strongly urge that you endorse HJR0030 declaring May as BPD Awareness Month** to bring more education, treatment access and affordable care to the people of Illinois. Thank you for your support!

Sincerely,

[insert name, city, state, organization, title]