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Resources to Help Our Kids Thrive

There's been a lot of talk lately about psychiatric challenges that can emerge in the teenage years — especially **borderline personality disorder**. And it's coming from a surprising place: TikTok. Teenagers, most of them girls, are sharing raw accounts of extreme emotions and self-destructive behaviors they attribute to BPD. Millions of teens are watching them. As a result, we're hearing reports that a lot of kids are diagnosing themselves with BPD, even though emotional volatility is a typical characteristic of adolescence.

Whether you're concerned about a child or have a child who thinks they have the disorder, it's crucial to get accurate information. In this week's newsletter we've rounded up the latest thinking about **borderline personality disorder**, as well as **bipolar disorder** and **schizophrenia** — all **disorders of adolescence and early adulthood**. What are the symptoms, and how does each develop? Most important, it's critical to know about the best treatment, which for each of these disorders has become much more effective in recent years.

- Caroline Miller, Editorial Director | [✉](#)



What is Borderline Personality Disorder?

And why it's now being diagnosed and treated in teenagers.

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Bipolar Disorder: Why It's Often Misdiagnosed

And how behavioral treatment, along with medicine, often improves outcomes.

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Early Treatment for Schizophrenia

The right care for teens and young adults decreases later relapses.

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Watching for Signs of Psychosis in Teens

How to catch kids early and support them before they're in crisis.

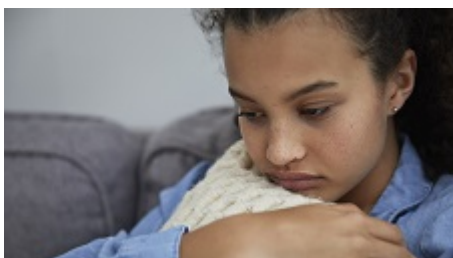
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How Does CBT Help People With Psychosis?

Specialized therapy helps manage symptoms of schizophrenia.

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What Are the Kinds of Depression?

Depression usually begins during the teen years and it can take a number of forms.

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More From the Child Mind Institute

Helping Children Cope With Traumatic Events

Read and share our guide in Ukrainian, Russian and English.

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Video Resources for Kids

Help kids learn healthy coping skills with videos from the California Healthy Minds, Thriving Kids Project.

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Summer Program for Children Ages 5-10: Enrollment is now open!

Jumpstart progress or maintain gains made during the school year while your child has a fun summer camp experience.

[APPLY NOW](#) ▶

Program for Older Kids: Social Anxiety Groups

Build skills to manage anxiety and practice with peer support.

[LEARN MORE](#) ▶

Elementary School Program: Children's Friendship Training

Evidence-based social skills program for elementary school children who experience difficulties making or keeping friends.

[SCHEDULE NOW](#) ▶

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