Reference list


**Websites:**

- [http://www.behavioraltech.com](http://www.behavioraltech.com) This is the Dialectical Behavior Therapy website
- Treatment and Research Advancements Association for Personality Disorder [http://www.tara4bpd.org/dyn/index.php](http://www.tara4bpd.org/dyn/index.php) Advocacy resources, publications, referral service
- [http://www.psychalive.org/copin-g-suggestions-for-the-suicidal-person/](http://www.psychalive.org/copin-g-suggestions-for-the-suicidal-person/) Hope kit
  - *Hope kit is box or container with tangible reminders of reasons to live*