My crisis plan for hard nights

Borderline Personality Disorder Birmingham
Stuart Downing, integrative therapist

Fill this in on a calmer day, in your own words. Work down the steps when things start to slide. Keep a photo on your phone, and give a copy to someone you trust.

Name _____ Date written _____ Date to review _____

1 Signs a crisis is building

Thoughts, feelings and things I do in the hours or days before.

2 Things I can do on my own

What has taken the edge off before. Fastest first.

3 People and places that distract me

Somewhere to go, someone to text about nothing.

4 Keeping my space safer

What I've agreed to put out of easy reach, and with whom.

5 People I can ask for help

Ask them first, so they know they're on your plan.

Name	Number	What I'd like them to do

6 My services

GP surgery, NHS team or care coordinator, therapist.

7 What I'm holding on for

People, pets, plans, places. However small.

Numbers that answer. Save them in your phone.

999
In danger, or hurt and need medical help

111, option 2
NHS urgent mental health help, England, 24/7

116 123
Samaritans, 24/7

Text SHOUT to 85258
Shout text support, UK-wide, 24/7

Text SPACE to 85258
Birmingham and Solihull NHS text line, 24/7

0800 1111
Childline, under 19s, 24/7

0800 58 58 58
CALM, 5pm to midnight

0300 304 7000
SANEline, 4pm to 10pm

Scotland: NHS 24 on 111, mental health option. Wales: 111, press 2. Northern Ireland: Lifeline 0808 808 8000.

Numbers checked October 2026. I'm a therapist, not a crisis service.