



Crisis Prevention Plan (CPP) Worksheet Form

Today's Date ___ / ___ / ___

Fax to: 888-977-0776

This worksheet was developed to help you identify the situations and triggers for a potential crisis and what you can do to help yourself. Please complete this form and use it as a resource during difficult times. Your provider can also help you complete this worksheet.

| Clues, situations, and triggers | List specific instructions for coping strategies and interventions including ways in which your clinical team can offer support. |
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Am I using my strengths, talents, and coping skills?

Am I using my supports?

Am I keeping my appointments?

Am I taking my medications as prescribed?

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