



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.

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?

CONFIDENTIAL: This material is protected under federal regulations and cannot be disclosed without written consent.