

# PEER COACHING

WORKSHEET FOR CALLS | 720.256.6525

Complete this worksheet before calling the Peer Coaching Line

## Prep

Describe the difficulty or problem you are calling about.

What skills have you already used to address the difficulty?

Describe specific skills you need help with.

What other specific skills or supports can you use if your Peer Coach is not immediately available?

## Expectations

- The call will focus on skills and last no more than 15 minutes.
- I will be willing to be coached and practice the specific skills.
- I will be respectful of my Peer Coach availability and limits.
- I understand this is not a crisis line.

If I am faced with an emergency, I'll call 911.

## Notes

- Who did I speak with today when I called the Peer Line? \_\_\_\_\_
- Time/date of call. \_\_\_\_\_
- Did I make a follow-up appointment? \_\_\_\_\_
- If yes, time and date of follow-up appointment. \_\_\_\_\_

Helpful Hint: Take a photo of this form to save in your phone, so you don't worry about losing it, and it can be easily accessible to use for reference.

720.256.6525 | [www.MileHighBehavioralHealthcare.org/Services/Peer-Coaching](http://www.MileHighBehavioralHealthcare.org/Services/Peer-Coaching)



Mile High  
Behavioral Healthcare

LIFE CHANGING.

