PRESCRIPTION



Casper Community Action on Suicide Prevention Education & Research				
For			From	
Tick prescribed items			Notes	
☐ □ Art and Culture				
□ □ Fun / Play				
□ □ Basic Needs				
□ □ Exercise / Nutrition				
□ □ Social Support				
□ □ Volunteering				
□ □ Nature / Pet Therapy				
□ □ Reading / Movies / Music				
□ □ Spiritual				
□ Practical Assistance				
□ Talk Therapy / Peer Support				
Special Instructions				
Dose Daily	Duration		f	0508 CASPER www.casper.org.nz https://www.facebook.com/