SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) August 30, 2002

Cross Country, Inc.

(Exact name of registrant as specified in its charter)

Delaware

(State or other jurisdiction of incorporation

0-33169 (Commission File Number **13-4066229** (I.R.S. Employer Identification No.)

6551 Park of Commerce Blvd., N.W., Suite 200, Boca Raton, FL 33487 (Address of Principal Executive Office (Zip Code)

(561) 998-2232

(Registrant's telephone number, including area code)

Not Applicable

(Former Name or Former Address, If Changed Since Last Report.)

Item 5. Other Events.

Incorporated by reference is a press release issued by the Company on August 30, 2002, which is attached hereto as Exhibit 1.1

Item 7. Financial Statements, Pro Forma Financial Information and Exhibits.

(c) Exhibits.

Exhibit Description

1.1 Press release issued by the Company on August 30, 2002

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Emil Hensel

Chief Financial Officer

CROSS COUNTRY, INC.

By: /s/ EMIL HENSEL

Name:

Title:

Dated: September 3, 2002

QuickLinks

SIGNATURES

CROSS COUNTRY ANNOUNCES BOARD DEPARTURE

BOCA RATON, FL, August 30, 2002/PR Newswire-FirstCall/—Cross Country, Inc. (Nasdaq: CCRN) announced today that Bruce A. Cerullo has resigned from the company's board of directors to devote his full energies to an investment in a non-competitive health care business. Mr. Cerullo had been a director since December 1999.

Cross Country, Inc. is a leading provider of healthcare staffing services in the United States. The company has an active client base of over 3,000 hospitals, pharmaceutical companies and other healthcare providers across all 50 states. More information on Cross Country, Inc. can be obtained from our website, www.crosscountry.com.

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For further information, please contact: Susan Eccher, Director, Investor Relations at 877-686-9779 Brian Hekman, Director, Corporate Communications at 800-998-5187

QuickLinks

CROSS COUNTRY ANNOUNCES BOARD DEPARTURE