



Welcome, please fill in the following. Feel free to leave anything blank you don't feel comfortable in sharing.

Date _____
Name _____
Address _____

Best phone number to reach you: _____
Alternative phone: _____
Email: _____

I prefer to be contacted through: phone call to cell phone call to alternative phone
 text to cell email please only contact me in emergency situations
 doesn't matter, just try and reach me

In case of an emergency, please contact: Name: _____
Phone _____ email _____
Relationship _____

I heard about your counselling services through _____
Or I was referred by the following professional or agency _____

The main reason I have come to counselling is

Have you ever seen a counsellor, psychotherapist or psychiatrist before?

Is there some important information you think I should know before we begin?

Have you ever been hospitalized for suicidal thoughts or attempted suicide?

Do you think you have a problem with abuse of drugs or alcohol or destructive behaviour?

