



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

Date_____

Name_____

Home Address_____

Birthdate_____

Best phone number to reach you:_____

Email:_____

I prefer to be contacted through: phone call to cell phone call to alternative

Text to cellemail 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?

