

# New Client Intake Form

## Personal Information

First name:	Last name:
Local 911 contact & their relationship to you:	Date of birth & age:
Ethnicity:	Religion/Faith:
Relationship status:	Number of children & their ages:
Biological Sex / Gender / Preferred Pronouns:	Sexual identity:

Home address:

Telephone number & email address/OK to be contacted either way?

Who do you live with (including pets, please)?

**Employment Information**

Are you currently working? Full or part time? Who is your employer? How long have you been doing this current job? Are you satisfied or would you prefer to be doing something else?

**Psychiatric & Medical History**

Have you ever been diagnosed with a mental health or psychiatric issue?

Have you had previous psychotherapy? When? Any hospitalizations for mental health? When?

Do you have any medical issues? Any prior hospitalizations?

Please provide the names/contact info of your primary care physician & psychiatrist (if applicable):

What medications are you taking and what are they for?

## Reasons for Seeking Help

Please check any current symptoms:

Anxiety

Panic attacks

Guilt

Appetite change

Sexual problems

Breakup

Depression

Suicidal

Job stress

Financial stress

Inconsistent sleep

Illness (self or other)

Elated mood

Increased interest in sex

Troubling thoughts

Troubling rituals

Death/loss

Violent behavior

Increased anger

Trouble with the law

Victim of crime

Relationship problems

Increased use of drugs or alcohol

In general, how intense is your emotional distress? 0 is not at all and 10 is incapacitating.

0	1	2	3	4	5	6	7	8	9	10

To what degree do your problems affect your ability to perform at work, at home, and in your relationships with others? 0 is not at all and 10 is incapacitating.

0	1	2	3	4	5	6	7	8	9	10

What is your relationship to drugs/alcohol?

Do you engage in any compulsive behavior?

Is there any addiction or mental illness in your family?

### Psychotherapy Goals

What motivated you to seek support? What are your goals?

How did you hear about me? Is there anything else that you would like to mention?

Signature

Date