



Patient Intake Form: Confidential

1. General Information

- Full Name: _____
- Date of Birth: ____ / ____ / ____ Age: _____
- Pronouns: _____
- Occupation/School: _____
- Emergency Contact (Name & Phone): _____

2. Reason for Visit

- What brings you in today? (Briefly describe your primary concerns):

- On a scale of 1–10, how much are these concerns impacting your daily life? (1 = Not at all, 10 = Extremely) []
- What are your primary goals for therapy? (What would "getting better" look like to you?):

3. Mental Health History

- Have you received mental health treatment before? [] Yes [] No
 - If yes, was it helpful? _____
- Are you currently taking any psychiatric medications? (Please list dosage):



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- Do you have any significant medical conditions or chronic pain?

- Family History: Does anyone in your immediate family have a history of mental health challenges (e.g., Depression, Anxiety, ADHD, Bipolar Disorder)?

4. Symptom Checklist (Current State)

Please check any that you have experienced frequently in the last 2 weeks:

- Difficulty concentrating or staying on task
- Feeling "on edge," restless, or keyed up
- Low energy or chronic fatigue
- Changes in sleep (too much / too little)
- Changes in appetite
- Feelings of worthlessness or excessive guilt
- Racing thoughts
- Avoiding social situations or specific places



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5. Lifestyle & Support

- Sleep: How many hours do you average per night? _____
- Support System: Who are the people you can count on for support?

- Hobbies/Strengths: What do you enjoy doing, or what is something you are good at?

- Substance Use: How often do you use alcohol, nicotine, or other substances?

6. Safety Screen

- In the past month, have you had thoughts of hurting yourself or others? [] Yes [] No
- If yes, do you have a plan to act on these thoughts? [] Yes [] No
- (Note: If you are in immediate crisis, please call 911 or go to the nearest emergency room.)

Our Philosophy: At our practice, we believe in a peer-based approach where you and your therapist work together as a team. We strive to provide a warm, safe environment that promotes self growth and evolution.