Mental Health Intake Form

Please complete all information on this form and bring it to the first visit. It may seem long, but most of the questions require only a check, so it will go quickly. You may need to ask family members about the family history. Thank you!

Name_____Date_____
Date of Birth_____

Current Therapist/Counselor_____ Therapist's Phone_____
Current therapeutic interventions being used_____
Are they helpful? _____

What are the problem(s) for which you are seeking help?
1._____
2. _____
3._____

What are your treatment goals?
_____
_____
_____

Current Symptoms Checklist: (check once for any symptoms present, twice for major symptoms)

( ) Depressed mood
( ) Loss of interest
( ) Excessive guilt
( ) Suicide Risk Assessment
( ) Increase risky behavior
( ) Excessive energy
( ) Excessive worry
( ) Hallucinations
( ) Unable to enjoy activities
( ) Concentration/forgetfulness
( ) Fatigue
( ) Racing thoughts
( ) Increased libido
( ) Increased irritability
( ) Anxiety attacks
( ) Suspiciousness
( ) Sleep pattern disturbance
( ) Change in appetite
( ) Decreased libido
( ) Impulsivity
( ) Decrease need for sleep
( ) Crying spells
( ) Avoidance
( ) _____

Suicide Risk Assessment
Have you ever had feelings or thoughts that you didn't want to live? ( ) Yes ( ) No.
If YES, please answer the following. If NO, please skip to the next section.
Have you ever attempted suicide? ( ) Yes ( ) No
If YES, by what means did you attempt?_____
Do you **currently** feel that you don't want to live? ( ) Yes ( ) No
How often do you have these thoughts? _____
When was the last time you had thoughts of dying? _____
Has anything happened recently to make you feel this way? _____
Suicide Risk Assessment (continued):
On a scale of 1 to 10, (ten being strongest) how strong is your desire to kill yourself currently?
_____
Would anything make it better? _____
Have you ever thought about how you would kill yourself? _____
Is the method you would use readily available? _____

Have you planned a time for this? _____
Is there anything that would stop you from killing yourself? _____
Do you feel hopeless and/or worthless? _____
Do you have access to guns? If yes, please explain. _____

Past Medical History:
Food Allergies: _____
Drug Allergies: _____

List ALL current prescription medications and how often you take them: (if none, write none)

Medication Name	Total Daily Dosage	Estimated Start Date

Current over-the-counter medications or supplements: _____
_____
Current medical problems: _____
_____
Name(s) of current doctor and date you were last seen: _____
_____
Past medical problems, nonpsychiatric hospitalization, or surgeries: _____
_____

For women only: Date of last menstrual period _____ Are you currently pregnant or do you think you might be pregnant? ( ) Yes ( ) No. Are you planning to get pregnant in the near future? ( ) Yes ( ) No Birth control method _____
How many times have you been pregnant? _____ How many live births? _____
Do you have any concerns about your physical health that you would like to discuss with us? ( ) Yes ( ) No
Date and place of last physical exam: _____

Personal and Family Medical History:

	You	Family	Which Family Member?
Thyroid Disease	( )	( )	_____
Anemia	( )	( )	_____
Liver Disease	( )	( )	_____
Chronic Fatigue	( )	( )	_____
Kidney Disease	( )	( )	_____
Diabetes	( )	( )	_____

Personal and Family Medical History (continued):

Asthma/respiratory problems	( )	( )	_____
Stomach or intestinal problems	( )	( )	_____
Cancer (type)	( )	( )	_____
Fibromyalgia	( )	( )	_____
Heart Disease	( )	( )	_____

Epilepsy or seizures ---------- ( ) ( ) _____
Chronic Pain ---------- ( ) ( ) _____
High Cholesterol ---------- ( ) ( ) _____
High blood pressure---------- ( ) ( ) _____
Head trauma ---------- ( ) ( ) _____
Liver problems ---------- ( ) ( ) _____
Other ---------- ( ) ( ) _____

Is there any additional personal or family medical history? ( ) Yes ( ) No If yes, please explain:

_____

_____

When your mother was pregnant with you, were there any complications during the pregnancy or birth?

_____

Past Psychiatric History:

Outpatient treatment ( ) Yes ( ) No If yes, Please describe when, by whom, and nature of treatment.
Reason Dates Treated By Whom

_____

_____

_____

Psychiatric Hospitalization ( ) Yes ( ) No If yes, describe for what reason, when and where.
Reason Date Hospitalized Where

_____

_____

_____

Past Psychiatric Medications: If you have ever taken any psychiatric medications, (such as antidepressants, antipsychotics, mood stabilizers, anti anxiety, stimulants, or any other class of psychiatric medication) please indicate the dates, name of the medication, dosage, and how helpful they were (if you can't remember all the details, just write in what you do remember).

Dates	Dosage	Response/Side-Effects

_____

Your Exercise Level:
Do you exercise regularly? ( ) Yes ( ) No
How many days a week do you get exercise? _____
How much time each day do you exercise? _____
What kind of exercise do you do? _____

Family Psychiatric History:
Has anyone in your family been diagnosed with or treated for:

Bipolar disorder	( )Yes ( )No	Schizophrenia	( )Yes ( )No
Depression	( )Yes ( )No	Post-traumatic stress	( )Yes ( )No
Anxiety	( )Yes ( )No	Alcohol abuse	( )Yes ( )No
Anger	( )Yes ( )No	Other substance abuse	( ) Yes ( ) No
Suicide	( )Yes ( )No	Violence	( ) Yes ( ) No

If yes, who had each problem? _____
_____
Has any family member been treated with a psychiatric medication? ( ) Yes ( ) No If yes, who was treated, what medications did they take, and how effective was the treatment?
_____
_____

Substance Use:
Have you ever been treated for alcohol or drug use or abuse? ( ) Yes ( ) No
If yes, for which substances? _____
If yes, where were you treated and when? _____
_____
How many days per week do you drink any alcohol? _____
What is the least number of drinks you will drink in a day? _____
What is the most number of drinks you will drink in a day? _____
In the past three months, what is the largest amount of alcoholic drinks you have consumed in one day?
_____
Have you ever felt you ought to cut down on your drinking or drug use? ( ) Yes ( ) No
Have people annoyed you by criticizing your drinking or drug use? ( ) Yes ( ) No
Have you ever felt bad or guilty about your drinking or drug use? ( ) Yes ( ) No

Substance Use (continued):
Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover? ( )Yes ( )No
Do you think you may have a problem with alcohol or drug use? ( ) Yes ( ) No
Have you used any street drugs in the past 3 months? ( ) Yes ( ) No
If yes, which ones? _____
Have you ever abused prescription medication? ( ) Yes ( ) No
If yes, which ones and for how long? _____
_____

Check if you have ever tried the following:

	Yes	No	If yes, how long and when did you last use?
Methamphetamine	( )	( )	_____
Cocaine	( )	( )	_____

Stimulants (pills) ( ) ( )

Heroin ( ) ( ) _____
LSD or Hallucinogens ( ) ( ) _____

Substance Use (continued):
Marijuana ( ) ( ) _____
Pain killers (not as prescribed) ( ) ( )

Methadone ( ) ( ) _____
Tranquilizer/sleeping pills ( ) ( )

Alcohol ( ) ( ) _____
Ecstasy ( ) ( ) _____
Other ( ) ( )

How many caffeinated beverages do you drink a day? Coffee _____ Sodas _____ Tea _____

Tobacco History:
How you ever smoked cigarettes? ( ) Yes ( ) No
Currently? ( ) Yes ( ) No How many packs per day on average? _____ How many years? _____
In the past? ( ) Yes ( ) No How many years did you smoke? _____ When did you quit? _____

Pipe, cigars, or chewing tobacco: Currently? ( ) Yes ( ) No In the past? ( ) Yes ( ) No
What kind? _____ How often per day on average? _____ How many years? _____

Family Background and Childhood History:
Were you adopted? ( ) Yes ( ) No
Where did you grow up? _____
List your siblings and their ages: _____
What was your father's occupation? _____
What was your mother's occupation? _____
Did your parents' divorce? ( ) Yes ( ) No If so, how old were you when they divorced? _____
If your parents divorced, who did you live with?_____
Describe your father and your relationship with him: _____
Describe your mother and your relationship with her: _____
How old were you when you left home? _____
Has anyone in your immediate family died? _____
Who and when? _____

Trauma History:
Do you have a history of being abused emotionally, sexually, physically or by neglect? ( ) Yes ( ) No.
Please describe when, where and by whom: _____
Have you ever been the perpetrator of abuse? ( ) Yes ( ) No
Please describe when, where, and to whom:_____

Educational History:
Highest Grade Completed? _____ Where? _____
Did you attend college? _____ Where? _____Major? _____
What is your highest educational level or degree attained? _____

Occupational History:
Are you currently: ( ) Working ( ) Student ( ) Unemployed ( ) Disabled ( ) Retired
How long in present position? _____
What is/was your occupation? _____
Where do you work or go to school?_____
Have you ever served in the military? _____ If so, what branch and when? _____
Honorable discharge ( ) Yes ( ) No Other type discharge _____

Relationship History and Current Family:
Are you currently: ( ) Married ( ) Partnered ( ) Divorced ( ) Single ( )Widowed
How long? _____
If not married, are you currently in a relationship? ( ) Yes ( ) No If yes, how long? _____
Are you sexually active? ( ) Yes ( ) No
Sexual Orientation: _____
Gender Identity: _____
Personal Pronouns (she/her/hers, he/his, they/theirs, etc)_____
What is your spouse or significant other's occupation? _____
Describe your relationship with your spouse or significant other:
_____
Have you had any prior marriages? ( ) Yes ( ) No. If so, how many? _____
How long? _____
Do you have children? ( ) Yes ( ) No If yes, list ages and gender: _____
_____
Describe your relationship with your children: _____
List everyone who currently lives with you: _____
_____
Are you currently using any sort of state/community resource?
_____
_____

Legal History:
Have you ever been arrested? _____
Do you have any pending legal problems? _____

Spiritual Life:
Do you belong to a particular religion? ( ) Yes ( ) No
If yes which church/religion are you apart of?
_____
____
If yes, please explain your involvement?
_____
Do you find your involvement helpful or does the involvement make things more difficult or stressful for

you?
( ) helpful ( ) stressful

Culture:
Do you belong to a group in your country that is different from other (ethnic) groups?
_____
What makes this group different from other groups? Which customs, opinions, position in society?
_____
_____
_____
How important is belonging to this group to you?
_____
Are you still in contact with people from this group or your culture?
_____
If yes, how important to you is this? _____If no, would you like to?
_____
What do you feel is the most important thing about your culture?
_____
How do you think your culture differs from the American customs and opinions?
_____
Is this important to you?
_____
_____

Is there anything else that you would like us to know?
_____
_____
_____
_____

Signature_____Date_____

Guardian Signature (if under age 18) _____ Date _____