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Mental Health Intake Form

Please complete all information on this form and bring it to the first visit. Thank you!

Name_____Date_____

Date of Birth _____

Current Therapist/Counselor_____ Therapist's Phone_____

What is 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 ☐ Racing thoughts ☐ Excessive worry

☐ Unable to enjoy activities ☐ Impulsivity ☐ Anxiety attacks

☐ Sleep pattern disturbance ☐ Increase risky behavior ☐ Avoidance

☐ Loss of interest ☐ Increased libido ☐ Hallucinations

☐ Concentration/forgetfulness ☐ Decrease need for sleep ☐ Suspiciousness

☐ Change in appetite ☐ Excessive energy ☐ Excessive guilt ☐ Increased irritability

☐ Fatigue ☐ Crying spells ☐ Decreased libido ☐_____ ☐_____

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.

Do you **currently** feel that you don't want to live? ☐ Yes ☐ No

How often do you have these thoughts? _____

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When was the last time you had thoughts of dying?

_____

Has anything happened recently to make you feel this way? _____

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? _____

Have you ever tried to kill or harm yourself before? _____

Do you have access to guns? If yes, please explain. _____

Past Medical History:

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: _____

_____

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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

_____

_____

_____

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? _____

_____

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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:

Check if you have ever tried the following:

If yes, how long and when did you last use?

- ◯ Methamphetamine
- ◯ Cocaine
- ◯ Stimulants (pills)
- ◯ Heroin
- ◯ LSD or Hallucinogens
- ◯ Marijuana
- ◯ Pain killers (not as prescribed)
- ◯ Methadone
- ◯ Tranquilizer/sleeping pills
- ◯ Alcohol
- ◯ Ecstasy
- ◯ Other _____

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 greatest number of drinks you will drink in a day? _____

In the past 3 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

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? _____

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Have you ever abused prescription medication? ☐ Yes ☐ No

If yes, which ones and for how long? _____

_____

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? _____

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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: _____

_____

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? _____

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

How would you identify your sexual orientation?

☐ straight/heterosexual ☐ lesbian/gay/homosexual ☐ bisexual ☐ transsexual

☐ unsure/questioning ☐ asexual ☐ other ☐ prefer not to answer

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? _____

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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: _____

_____

Legal History:

Have you ever been arrested? _____

Do you have any pending legal problems? _____

Spiritual Life:

Do you belong to a particular religion or spiritual group? ☐ Yes ☐ No

If yes, what is the level of your involvement? _____

Do you find your involvement helpful during this illness, or does the involvement make things more difficult or stressful for you? ☐ more helpful ☐ stressful

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

_____

_____

_____

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_____

Signature_____Date_____

Emergency Contact _____ Telephone # _____