

Congratulations on your decision to invest in yourself, choose a positive path and take steps toward a better tomorrow. Starting counseling with Amy is your declaration that your mental health is important.

Please complete this form and bring it with you to your first session. If you have not already done so, you will also need to complete the Informed Consent and Counseling Agreement form.

Some information about you...

Name	Date of Birth	Preferred Phone Number
Address	Email Address	Secondary Phone Number
Emergency Contact Name	Emergency Contact Relationship to you	Emergency Contact Phone Number

Tell me about your previous experience with counseling, therapy, or any other mental health treatment.

Please list medications you are using or use on a regular basis, including prescription and over-the-counter medications.

Tell me about your reasons for coming to counseling.

Today's Date: _____ Date of First Appointment: _____

Please bring this completed form to your first session. Welcome to counseling with Amy.