



Therapy Help Center

New Patient Form

Date: _____

Name: _____

Age: _____

PRESENTING PROBLEMS AND CONCERNS

Describe the problem that brought you here today: _____

Please check all of the behaviors and symptoms that you consider problematic:

- | | | |
|--|---|---|
| <input type="checkbox"/> Distractibility | <input type="checkbox"/> Change in appetite | <input type="checkbox"/> Suspicion/paranoia |
| <input type="checkbox"/> Hyperactivity | <input type="checkbox"/> Lack of motivation | <input type="checkbox"/> Racing thoughts |
| <input type="checkbox"/> Impulsivity | <input type="checkbox"/> Withdrawal from people | <input type="checkbox"/> Excessive energy |
| <input type="checkbox"/> Boredom | <input type="checkbox"/> Anxiety/worry | <input type="checkbox"/> Wide mood swings |
| <input type="checkbox"/> Poor memory/confusion | <input type="checkbox"/> Panic attacks | <input type="checkbox"/> Sleep problems |
| <input type="checkbox"/> Seasonal mood changes | <input type="checkbox"/> Fear away from home | <input type="checkbox"/> Nightmares |
| <input type="checkbox"/> Sadness/depression | <input type="checkbox"/> Social discomfort | <input type="checkbox"/> Eating problems |
| <input type="checkbox"/> Loss of pleasure/interest | <input type="checkbox"/> Obsessive thoughts | <input type="checkbox"/> Gambling problems |
| <input type="checkbox"/> Hopelessness | <input type="checkbox"/> Compulsive behavior | <input type="checkbox"/> Computer addiction |
| <input type="checkbox"/> Thoughts of death | <input type="checkbox"/> Aggression/fights | <input type="checkbox"/> Problems with pornography |
| <input type="checkbox"/> Self-harm behaviors | <input type="checkbox"/> Frequent arguments | <input type="checkbox"/> Parenting problems |
| <input type="checkbox"/> Crying spells | <input type="checkbox"/> Irritability/anger | <input type="checkbox"/> Sexual problems |
| <input type="checkbox"/> Loneliness | <input type="checkbox"/> Homicidal thoughts | <input type="checkbox"/> Relationship problems |
| <input type="checkbox"/> Low self worth | <input type="checkbox"/> Flashbacks | <input type="checkbox"/> Work/school problems |
| <input type="checkbox"/> Guilt/shame | <input type="checkbox"/> Hearing voices | <input type="checkbox"/> Alcohol/drug use |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Visual hallucinations | <input type="checkbox"/> Recurring, disturbing memories |
| <input type="checkbox"/> Other: _____ | | |

Are your problems affecting any of the following?

- | | | | |
|--|--|--|-----------------------------------|
| <input type="checkbox"/> Handling everyday tasks | <input type="checkbox"/> Self esteem | <input type="checkbox"/> Relationships | <input type="checkbox"/> Hygiene |
| <input type="checkbox"/> Work/School | <input type="checkbox"/> Housing | <input type="checkbox"/> Legal matters | <input type="checkbox"/> Finances |
| <input type="checkbox"/> Recreational activities | <input type="checkbox"/> Sexual activity | <input type="checkbox"/> Health | |

Yes No Have you ever had thoughts, made statements, or attempted to hurt yourself? If yes, please describe: _____

Yes No Have you ever had thoughts, made statements, or attempted to hurt someone else? If yes, please describe: _____

Yes No Have you recently been physically hurt or threatened by someone else? If yes, please describe: _____

Yes No Have you gambled in the past 6 months? If yes, let us know the following
 Yes No Have you ever felt the need to bet more and more money?
 Yes No Have you ever had to lie to people important to you about how much you gambled?

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| Therapist Notes: |
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Therapy Help Center

Name: _____

FAMILY AND DEVELOPMENTAL HISTORY

| Relationship | Name | Age | Quality of Relationship | Family Mental Health Problems | Who? |
|----------------|------|-----|-------------------------|-------------------------------|------|
| Mother | | | | Hyperactivity | |
| Father | | | | Sexually Abused | |
| Stepmother | | | | Depression | |
| Stepfather | | | | Manic Depression | |
| Siblings | | | | Suicide | |
| | | | | Anxiety | |
| | | | | Panic Attacks | |
| | | | | Obsessive-Compulsive | |
| Spouse/partner | | | | Anger/Abusive | |
| Children | | | | Schizophrenia | |
| | | | | Eating Disorder | |
| | | | | Alcohol Abuse | |
| | | | | Drug Abuse | |

- Parents legally married or living together Mother remarried: Number of times _____
 Parents temporarily separated Father remarried: Number of times _____
 Parents divorced or permanently separated

Please check if you have experienced any of the following types of trauma or loss:

- Emotional abuse Neglect Lived in a foster home
 Sexual abuse Violence in the home Multiple family moves
 Physical abuse Crime victim Homelessness
 Parent substance abuse Parent illness Loss of a loved one
 Teen pregnancy Placed a child for adoption Financial problems

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| Therapist Notes: |
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| Init: _____ |

PREVIOUS MENTAL HEALTH TREATMENT

| Yes | No | Type of Treatment | When? | Provider/Program | Reason for Treatment |
|-----|----|-----------------------------|-------|------------------|----------------------|
| | | Outpatient Counseling | | | |
| | | Medication (mental health) | | | |
| | | Psychiatric Hospitalization | | | |
| | | Drug/Alcohol Treatment | | | |
| | | Self-help/Support Groups | | | |

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| Init: _____ |



Therapy Help Center

Name: _____

SUBSTANCE USE HISTORY

| Substance Type | Current Use (last 6 months) | | | | Past Use | | | |
|------------------|-----------------------------|---|-----------|--------|----------|---|-----------|--------|
| | Y | N | Frequency | Amount | Y | N | Frequency | Amount |
| Tobacco | | | | | | | | |
| Caffeine | | | | | | | | |
| Alcohol | | | | | | | | |
| Marijuana | | | | | | | | |
| Cocaine/crack | | | | | | | | |
| Ecstasy | | | | | | | | |
| Heroin | | | | | | | | |
| Inhalants | | | | | | | | |
| Methamphetamines | | | | | | | | |
| Pain Killers | | | | | | | | |
| PCP/LSD | | | | | | | | |
| Steroids | | | | | | | | |
| Tranquilizers | | | | | | | | |

Yes No Have you had withdrawal symptoms when trying to stop using any substances? If yes, please describe: _____

Yes No Have you ever had problems with work, relationships, health, the law, etc. due to your substance use? If yes, please describe: _____

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MEDICAL INFORMATION

Date of last physical exam: _____

Have you experienced any of the following medical conditions during your lifetime?

- | | | | |
|---|-------------------------------------|---|--|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Asthma | <input type="checkbox"/> Headaches | <input type="checkbox"/> Stomach aches |
| <input type="checkbox"/> Chronic pain | <input type="checkbox"/> Surgery | <input type="checkbox"/> Serious accident | <input type="checkbox"/> Head injury |
| <input type="checkbox"/> Dizziness/fainting | <input type="checkbox"/> Meningitis | <input type="checkbox"/> Seizures | <input type="checkbox"/> Vision problems |
| <input type="checkbox"/> High fevers | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Hearing problems | <input type="checkbox"/> Miscarriage |
| <input type="checkbox"/> Sexually transmitted disease | <input type="checkbox"/> Abortion | <input type="checkbox"/> Sleep disorder | <input type="checkbox"/> Other: _____ |

Please list any CURRENT health concerns: _____

Current prescription medications: None

| Medication | Dosage | Date First Prescribed | Prescribed By |
|------------|--------|-----------------------|---------------|
| | | | |
| | | | |

Current over-the-counter medications (including vitamins, herbal remedies, etc.): _____

Allergies and/or adverse reactions to medications: None
If yes, please list: _____

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INTERPERSONAL/SOCIAL/CULTURAL INFORMATION

Please describe your social support network (check all that apply):

- Family Neighbors Friends Students Co-workers Support/Self-Help Group
 Community Group Religious/Spiritual Center (which one? _____)

To which cultural or ethnic group do you belong? _____

If you are experiencing any difficulties due to cultural or ethnic issues, please describe: _____

Please describe your strengths, skills, and talents? _____

Describe any special areas of interest or hobbies (art, books, physical fitness, etc.): _____

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MISCELLANEOUS INFORMATION

Employment

Employer: _____ Position: _____

Length of time in this position: _____ Job Duties: _____

Stress level of this position: Low Medium High

Other jobs you have held: _____

Education

Yes No Are you currently attending school?

High School Graduate? Or GED? Year _____

Associate's Degree Year _____ Major area of study _____

Undergraduate Degree Year _____ Major area of study _____

Graduate Degree Year _____ Major area of study _____

Military Service

Yes No Have you been/are you currently in the military? (If no, skip remainder of this section)

Branch _____ Date of Discharge _____ Type of Discharge _____ Rank _____

Yes No Were you in combat?

Legal

Yes No Have you ever been convicted of a misdemeanor or felony? If yes, please explain _____

Yes No Are you currently involved in any divorce or child custody proceedings? If yes, please explain _____

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