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## Intake Form

Please provide the following information and bring the completed form with you to your first session.

Name \_\_\_\_\_  
(Last) (First) (Middle Initial)

Name of parent/guardian (if under 18 years):

\_\_\_\_\_  
(Last) (First) (Middle Initial)

Address: \_\_\_\_\_  
(Number and Street)

\_\_\_\_\_  
(City) (State) (Zip)

Home phone: \_\_\_\_\_ Voice message okay?  Yes  No

Cell/other Phone: \_\_\_\_\_ Voice message okay?  Yes  No

Text message okay?  Yes  No

Email: \_\_\_\_\_ May I email you?  Yes  No

Would you like to receive my free eNewsletter?  Yes  No

\*Please note: email correspondence is not considered to be a confidential medium of communication.

Referred by: \_\_\_\_\_ Medicare Eligible?  Yes  No

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Gender:  Male  Female

Marital Status:  Never Married  Domestic Partnership  Married  
 Separated  Divorced  Widowed

Please list any children (for teens, list siblings) and their ages: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

GENERAL HEALTH AND MENTAL HEALTH INFORMATION

1. Have you previously received any type of mental health services? (Psychotherapy, psychiatry, etc.)

No  
 Yes, previous therapist/practitioner: \_\_\_\_\_

2. Are you currently taking any prescription medication?

No  
 Yes, please list: \_\_\_\_\_

3. Have you ever been prescribed psychiatric medication?

No  
 Yes, please list and provide dates \_\_\_\_\_

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4. How would you rate your current physical health? (Please circle.)

Poor    Unsatisfactory    Satisfactory    Good    Very Good

Please list any specific health problems you are currently experiencing:

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5. How would you rate your current sleeping habits? (Please circle.)

Poor    Unsatisfactory    Satisfactory    Good    Very Good

Please list any specific sleep problems you are currently experiencing:

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6. How many times per week do you generally exercise? \_\_\_\_\_

7. What types of exercise do you participate in?

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8. Please list any difficulties you experience with your appetite or eating patterns:

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9. Are you currently experiencing overwhelming sadness, grief, or depression?

No  
 Yes

If yes, for approximately how long? \_\_\_\_\_

10. Are you currently experiencing anxiety, panic attacks, or have any phobias?

- No
- Yes

If yes, when did you begin experiencing this? \_\_\_\_\_

11. Are you currently experiencing any chronic pain?

- No
- Yes

If yes, please describe \_\_\_\_\_

12. Do you drink alcohol more than once a week?  No  Yes

13. How often do you engage in recreational drug use?

- Daily  Weekly  Monthly  Infrequently  Never

14. Are you currently in a romantic relationship?  No  Yes

If yes, for how long?

15. On a scale of 1 – 10 how would you rate your relationship? \_\_\_\_\_

16. What significant life changes or stressful events have you experienced recently?

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### FAMILY MENTAL HEALTH HISTORY

In the section below, identify if there is a family history of any of the following. If yes, please indicate the family member's relationship to you in the space provided (father, grandmother, uncle, etc.).

\_\_\_\_\_ Please circle \_\_\_\_\_ List Family Member \_\_\_\_\_

Alcohol/substance abuse	yes / no
Anxiety	yes / no
Depression	yes / no
Domestic Violence	yes / no
Eating Disorders	yes / no
Obesity	yes / no
Obsessive Compulsive Behavior	yes / no
Schizophrenia	yes / no
Suicide Attempts	yes / no

ADDITIONAL INFORMATION

1. Are you currently employed?    \_\_\_No    \_\_\_Yes    In school?    \_\_\_No    \_\_\_Yes

If yes, what is your current employment situation or school name and year?



Do you enjoy your work/school? Is there anything stressful about your current work/school?



2. Do you consider yourself to be spiritual or religious?    \_\_\_No    \_\_\_Yes

If yes, describe your faith or belief:



3. What do you consider to be some of your strengths?



4. What do you consider to be some of your limitations?



5. What would you like to accomplish during your time in therapy?

