

## Mental Health Intake Form

### Personal Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
DOB: \_\_\_\_\_ Sex: \_\_\_\_\_  
Primary Physician: \_\_\_\_\_ Phone: \_\_\_\_\_  
Current Therapist: \_\_\_\_\_ Phone: \_\_\_\_\_

### Complaint

What is your major complaint? \_\_\_\_\_  
Start Date: \_\_\_\_\_ Have you previously suffered from this complaint? \_\_\_\_\_  
Previous therapist's name for complaint: \_\_\_\_\_  
Previous treatment for complaint: \_\_\_\_\_  
Aggravating Factors: \_\_\_\_\_  
Relieving Factors: \_\_\_\_\_

### Current Symptoms (Check All That Apply)

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Anxiety                 | <input type="checkbox"/> Appetite Issues  | <input type="checkbox"/> Avoidance       | <input type="checkbox"/> Crying Spells    |
| <input type="checkbox"/> Depression              | <input type="checkbox"/> Excessive Energy | <input type="checkbox"/> Fatigue         | <input type="checkbox"/> Guilt            |
| <input type="checkbox"/> Difficulties with _____ | <input type="checkbox"/> Irritability     | <input type="checkbox"/> Insomnia        | <input type="checkbox"/> Identity Changes |
| <input type="checkbox"/> Loss of Interest        | <input type="checkbox"/> Panic Attacks    | <input type="checkbox"/> Racing Thoughts | <input type="checkbox"/> Risky Activity   |
| <input type="checkbox"/> Sleep Changes           | <input type="checkbox"/> Suspiciousness   | <input type="checkbox"/>                 | <input type="checkbox"/>                  |

### Medical History

Insurance Frequency: \_\_\_\_\_ Exercise Typical: \_\_\_\_\_  
Allergies: \_\_\_\_\_  
What medications are you currently using? \_\_\_\_\_  
Previous (de)psychosomatic health treatment: \_\_\_\_\_  
Previously treated by: \_\_\_\_\_  
Previous medications: \_\_\_\_\_  
Doses treated: \_\_\_\_\_  
Previous medical conditions: \_\_\_\_\_  
Previous surgeries: \_\_\_\_\_

### Family History

Were you adopted? \_\_\_\_\_ If yes, at what age? \_\_\_\_\_  
How is your relationship with your mother? \_\_\_\_\_  
How is your relationship with your father? \_\_\_\_\_  
Siblings and their ages: \_\_\_\_\_  
Are your parents married? \_\_\_\_\_  
Did your parents divorce? \_\_\_\_\_ If yes, how old were you? \_\_\_\_\_  
Did your parents remarry? \_\_\_\_\_ If yes, how old were you? \_\_\_\_\_  
Who raised you? \_\_\_\_\_ Where did you grow up? \_\_\_\_\_  
Family member medical conditions: \_\_\_\_\_  
Family member mental conditions: \_\_\_\_\_  
Treated with medication? \_\_\_\_\_  
Medications: \_\_\_\_\_

### Early Development

Where did you grow up? \_\_\_\_\_  
How often did you move and where? \_\_\_\_\_  
How old were you when you left home? \_\_\_\_\_