Have you previously received any type of mental health services (psychotherapy, psychiatric services, counselling etc.)

Are you currently taking any prescription medication?

How would you rate your current physical health?

Please tell me any specific health problems you are currently experiencing.

How would you rate your current sleeping habits?

Please list any difficulties you are experiencing with your appetite or eating patterns.

Are you currently experiencing any chronic pain?

What is your current alcohol intake per week?

What is your recreational drug intake per week?

What does your social support system look like?

How have you been coping/ managing so far? Is there a time when the concern is not present or is lessened?

Do you have a spiritual/ faith based/ traditional ceremony practice?

Do you have a preference of day and time for counselling?  (cCients seeking low cost counselling may have to adjust their schedule)