

Group Support Intake

Hi! I'm so glad you're here, and I can hardly wait to meet you face-to-face! Before we get started, I need a little information from you so I can begin designing our time together to suit your needs. Please take a few minutes and complete the form below. You can either print and scan a copy, or copy and paste to email. Please send this to info@restartwellness.net. I really appreciate it!

Name (legal and preferred):

Birthdate:

Address:

Phone number:

Voicemail OK?

Text OK?

Email:

Preferred method of contact and what is the best time to reach you?

Would you prefer an online group or in-person group?:

What issues would you like to receive support for in a group?:

What days and times of the week would be most preferable for you to meet with a support group?

If you received support from this group, how would things be different for you?

Have you previously sought/received any mental health services? If yes, please explain (main issues, would you consider it helpful, etc.):

Do you have a support network (e.g., friends, family, etc.)?

Are there any particular art methods you would like to use or try?

Is there anything else you would like me to know about you?

How did you hear about me?