

## **Relationship 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 both so I can begin designing our time together to suit your needs. Please take a few minutes and complete the form below, each of you completing one separately. You can either print and scan a copy, or copy and paste to email. Please send both forms to [info@restartwellness.net](mailto:info@restartwellness.net). I really appreciate it!

**Name (legal and preferred):**

**Birthdate:**

**Address:**

**Phone number:**

**Voicemail OK?**

**Text OK?**

**Calls will be discreet, but please indicate any restrictions:**

**Email:**

**Preferred method of contact:**

**What day/time of the week are you hoping to book our sessions?:**

**Online sessions or In-Person sessions?:**

**What are you hoping to accomplish in our work together?:**

**If you accomplished those goals, how would things be different for you?**

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

**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.)?**

**What is your current living situation (e.g., children, roommates, etc.)?**

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

**How did you hear about me?**