

Individual 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?

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.)?

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

How did you hear about me?