

# Intake Information

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## Date of Intake:

<b>Name of Patient:</b>	<b>Date of Birth:</b>
<b>Address (#, street, city, state, zip code):</b> _____	<b>Telephone no.:</b>
<b>Email:</b>	<b>Preferred method of contact?</b> Phone__ Email__

May we leave a message? Yes \_\_\_\_\_ No \_\_\_\_\_

How did you find out about us? \_\_\_\_\_

Referral? \_\_\_\_\_ (Y/N) If yes, who referred you?  
\_\_\_\_\_

Ethnicity/Race/Culture you identify with and consider yourself: \_\_\_\_\_

Reason(s) for making this appointment: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Medical History: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you ever been hospitalized? If yes, please provide reasons for and details about your hospitalization: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When was your last physical examination? \_\_\_\_\_

Mental Health History (including past or current psychotherapy treatment):  
\_\_\_\_\_  
\_\_\_\_\_

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**Have you ever been admitted and stayed in a behavioral or psychiatric (mental health) treatment facility? If yes, please provide reasons and give details about your stay.**

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**Are you taking any medications? Yes \_\_\_ No \_\_\_ Type(s): \_\_\_\_\_**

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**If yes, what is the dosage and frequency? \_\_\_\_\_**

**Are you a student? Yes \_\_\_\_\_ No \_\_\_\_\_**

**If yes, what institution? \_\_\_\_\_**

**Are you employed? Yes \_\_\_\_\_ No \_\_\_\_\_**

**If yes, name of employer or type of employment: \_\_\_\_\_**

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**How do you feel about your school? \_\_\_\_\_**

**How do you feel about your job? \_\_\_\_\_**

**Have you now or in the past self-harmed or threatened to self-harm? Yes \_\_\_ No \_\_\_**

**If yes, what did you do? \_\_\_\_\_**

**How frequently? \_\_\_\_\_**

**When did you last attempt to harm yourself? \_\_\_\_\_**

**Do you have now or in the past, suicidal thoughts? Yes \_\_\_\_\_ No \_\_\_\_\_**

**How frequently? \_\_\_\_\_**

**Have you attempted suicide? Yes \_\_\_ No \_\_\_ How many times? \_\_\_\_\_**

**Do you smoke? \_\_\_\_\_ If yes, how much/frequency? \_\_\_\_\_**

**Do you consume alcohol? \_\_\_\_\_ How much/frequency? \_\_\_\_\_**

**Do you participate in drug use? \_\_\_\_\_ What type(s)? \_\_\_\_\_**

**Frequency of drug use: \_\_\_\_\_**

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Do you exercise? \_\_\_\_\_ How many times per week? \_\_\_\_\_

How are your sleeping habits? Good \_\_\_\_ Fair \_\_\_\_ Poor \_\_\_\_ Explain: \_\_\_\_\_

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How are your eating habits? Good \_\_\_\_ Fair \_\_\_\_ Poor \_\_\_\_ Explain: \_\_\_\_\_

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What are your spiritual beliefs? \_\_\_\_\_

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Do you feel sadness or depression? \_\_\_\_\_

Do you feel angry? \_\_\_\_\_

Do you feel hopeless? \_\_\_\_\_

Describe your life and rank how satisfied or dissatisfied you are presently. ( 0 = very dissatisfied, 1 = moderately dissatisfied, 2 = mildly dissatisfied, 3 = somewhat satisfied, 4 = moderately satisfied, 5 = very satisfied)

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Are you in a relationship with anyone? Yes \_\_\_\_ No \_\_\_\_ If yes, for how long? \_\_\_\_\_

Describe most recent relationship: \_\_\_\_\_

Who lives in your household with you?

Name	Relationship to you	Age

What are your strengths? \_\_\_\_\_

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What are your weaknesses? \_\_\_\_\_

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## Intake Information

What are your concerns? \_\_\_\_\_

What do you want to accomplish with counseling? Goals?

Past and/or Current Diagnoses:

Family Mental Health History:

Type(s)	You	Family Member (Who?)
Anxiety		
Anger		
Autism Spectrum		
Depression		
Physical Abuse		
Sexual Abuse		
Suicide or Suicide attempts		
Other (describe)		

Have you experienced any trauma? What type(s)? \_\_\_\_\_

Emergency Contact Information #1

Name (Last, First, MI)	Relationship to Client
Address (Street or P.O. Box Number)	(City, State, Zip Code)
Telephone Number (xxx-xxx-xxxx)	Email Address

Emergency Contact Information #2

Name (Last, First, MI)	Relationship to Client
Address (Street or P.O. Box Number)	(City, State, Zip Code)
Telephone Number (xxx-xxx-xxxx)	Email Address