

ADULT PATIENT REQUEST INTAKE FORM

LifeCare Mental Health Services, LLC
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Thank you for taking your first step. Please answer the questions below so we can get to know you and determine which provider would be best suited to your needs.

DISCLAIMER: A provider-patient, or psychotherapist-patient relationship is not established until completion of your first appointment. You will not be considered a patient of LCMHS or its provider(s) until then. Completing these forms do not guarantee an appointment. If we determine our services are not adequate to meet the level of care required, we will notify you within a reasonable time frame. Note: The term "provider" refers to any of the psychotherapists or nurse practitioners, you may see here at LifeCare Mental Health Services, LLC.

Referred by:

Medical Provider: _____

Insurance Provider: _____

Website: <https://lifecarementalhealth.com>

PsychologyToday Friend/Family: _____

Other: _____

Have you previously received any type of mental health services?

Yes

No

If yes, which of the following:

Psychotherapy

Medication

Outpatient Hospitalizations

Inpatient Hospitalization

If yes, please provide:

Name of provider or facility: _____

Location: _____

Dates of Treatment: _____

Reason for treatment: _____

Briefly, what brings you in today?

When did your problem first start? Within the last?

- 30 days
- 6-12 months
- 2 years
- During adolescence
- During childhood

What areas of your life have been affected because of this problem?

Are you currently experiencing overwhelming sadness, grief, or depression?

- Yes
- No

If yes, for approximately how long? _____

Are you currently experiencing anxiety, panic attacks or have any phobias?

- Yes
- No

If yes, when did you begin experiencing this? _____

Please describe any major losses or traumas you have experienced:

What significant life changes or stressful events have you experienced recently?

What would you like to accomplish out of your time in therapy?

Family History

Where were you born? _____

Where did you grow up? _____

- City
- Suburbs
- Country

Please list your parents and siblings. Please use additional space on the back if needed.

Name	Age	Relationship	Where do they live now?	If deceased, age and cause of death?

Who did you live with while growing up? _____

Mother's occupation: _____

Father's occupation? _____

In the section below identify if there is a family history of any of the following. If yes, please indicate the family member's relationship to you in the space provided (father, grandmother, uncle, etc.).

Condition	Please Circle	List Family Member
Alcohol/Substance Abuse	yes/no	
Anxiety	yes/no	
Depression	yes/no	
Domestic Violence	yes/no	
Sexual Abuse	yes/no	
Eating Disorders	yes/no	
Obesity	yes/no	
Obsessive Compulsive Disorder	yes/no	
Schizophrenia	yes/no	
Suicide Attempts	yes/no	
Other diagnosed mental health condition?	yes/no: which was ---	

Physical Health

Please list any medications, herbs, or supplements. Be sure to include the condition, as some medications are prescribed for off-label use. Continue on the back if needed, or provide a separate list. If you have a complicated medical profile, please supply supporting documentation to be able to facilitate a comprehensive understanding of your health.

Medication/Supplement	Dosage	Condition	Date Began/Stopped

Prescribing provider and contact information:

Name: _____

Specialty: _____

Facility: _____

Phone, email, or Fax: _____

How would you rate your current physical health?

- Poor
- Unsatisfactory
- Satisfactory
- Good
- Very Good

Please list any specific health problems you are currently experiencing:

How would you rate your current sleeping habits?

- Poor
- Unsatisfactory
- Satisfactory
- Good
- Very Good

If you are having problems, in which phase of sleep are you experiencing issues?

- Falling asleep
- Staying asleep
- Awakening early
- Sleep apnea

Please list any other specific sleep problems you are currently experiencing:

How many times per week do you generally exercise? _____ What types of exercise do you participate in:

Are you currently experiencing any chronic pain?

- No
- Yes

If yes, please describe:

Please describe current use of alcohol, cigarettes, and/or recreational drugs:

Additional Information

What do you enjoy about your work (full-time homemaker included)? If retired, what did you enjoy about your work?

What do you find particularly stressful about your current or previous work?

What do you enjoy doing in your free time?

What do you do to relax?

Do you consider yourself to be spiritual or religious? If yes, please describe your faith or belief:

What do you consider to be some of your strengths?

What do you consider to be some of your weakness?