

Silver Lining Counseling Services LLC
Elizabeth Ross LMFT LPC
13511 Northgate Estates Dr, Ste 200
Colorado Springs, CO 80921
Phone: 719-339-4179
E-mail: elizabeth@younifycounseling.com

Welcome! Before your first session, print this form and take a few minutes to answer the following questions. Please do your best to be honest as you respond. I look forward to meeting you!

Name _____

1. Who in your life is most supportive (perhaps a pastor, friend, or family member):

2. Have you ever been hospitalized for mental health reasons?

3. Are you currently using any medications? _____

4. Are drugs or alcohol involved in your life or the life of someone close to you?

5. Are you or someone you care for in danger of being harmed? ☐Yes ☐No Please explain: _____

6. What are your goals? What do you hope is accomplished as a result of our work together? _____

7. Anything else you would like me to be aware of at this time?

Thank you for taking time to reflect and respond to these questions. I look forward to meeting with you!