

Assessment Form for Online Counselling

Full name:	
Address:	
Everyday Email address:	
Proton Email address: (to set up a free fully encrypted proton email account please visit: https://protonmail.com/)	
VSee ID: (for video and IM Working)	
Date of Birth:	
Mobile contact number: (in the event of technology breakdown)	
GP's name and address: (for emergency only)	
Emergency contact: (Please list a person that I can contact in a genuine emergency)	
Emergency contact's relationship to you:	
Medication: (List any relevant medication you are currently taking, such as anxiety or anti-depressants as well as dosage).	
Gender:	
Sexual orientation:	
Religion:	
Ethnicity:	
What is your relationship status:	
Do you have children? <i>Please provide details eg. ages, gender</i>	
Employment Status:	
Please tell me how you found out about my counselling service: <i>Please highlight as applicable</i>	Google Search (website found) Counselling Directory BACP It's good to talk ACTO Word of mouth Referral - please specify Other - please specify Facebook

Assessment Form for Online Counselling

Please provide an overview of your issue and a brief explanation of how it is impacting on you.

What do you hope to gain from counselling at this time and what will progress look like to you?

Have you had any type of counselling before, and if so, briefly outline what it was like for you (what was helpful? what was not helpful?)

Please describe your support system i.e. from family, friends, work or others?

Are any of the following currently relevant to you? *Please highlight as applicable*

Receiving psychiatric care?

Currently self harming or in crisis?

Seeing any other mental health professionals?

Assessment Form for Online Counselling

Please highlight below the type of online counselling you are most interested in

1. Email
2. Instant Messaging
3. Video Call

<p>Please sign electronically your name in this box, if you agree to the content within this agreement.</p> <p>Once you have completed this form, please return the agreement to me as an attachment. I would suggest that you password protect the document and send a separate email or text message with the password to me if using standard email. This is to keep your personal information secure.</p> <p>Alternatively, send the email from your ProtonMail account to carriemunday@protonmail.com</p>	<p>Name:</p> <p>Date:</p>
---	--

Completing and returning this agreement tells me that you have understood the formal terms of the counselling arrangement and are prepared for us to work together. This agreement shall be construed and governed in all respects in accordance with the laws of England and Wales and any dispute or differences in relation to this agreement shall be subject to the exclusive jurisdiction of the English Courts.