



Client code: \_\_\_\_\_

Date: \_\_\_\_\_

## **Client Pre-Counselling Questionnaire**

*It would be helpful if you could answer the seven questions below as honestly as possible  
This may help me to understand how life is for you at the moment and provide insight to  
how you are feeling.*

**1) Have you had counselling before? If so how long ago and for how long?**

**2) Why have you decided to seek help now?**

**3) How would you describe your moods lately?**

**4) Have you ever had thoughts of suicide, either lately or in the past?**

**5) Are you using recreational drugs or drinking more alcohol than is normal for you?**

**6) Are you taking any medication? Please provide details if so.**

**7) What are you hoping to get/change/experience from counselling?**

**8) Is there anything else you feel is relevant that you would like to share with me?**

**Please rate your mood on a scale of 1 to 10 (1 being very low and 10 being very happy).**

*Thank you for sharing this information with me.*

*This will be kept with your client case notes, which will not contain any identifiable information. The questionnaire will have your code written on it, rather than your name, to aide this process. Counselling records must be kept for a period of seven years, they will then be destroyed.*