

# Pre-Field Mental Health Intake – Questions to consider asking

Consider asking mental health intake questions, in **addition** to your usual medical form questions, to be prepared to bring clients in to the field. Orient questions to elicit just “need-to-know” information (you likely don’t need to know details of someone’s trauma history, for instance), and be sure to clarify that information they provide will be kept confidential, in accordance with ethics & law. Some suggested questions are included below. Consider your own field context, your risk management procedures, and secure your own legal advice & insurance before deciding how to integrate these kinds of questions in to your own intake process.

Please let us know **any mental health conditions or psychological limitations, past or present, that may affect your participation.**

(e.g.: anxiety, panic attacks, specific phobias, post-traumatic stress symptoms, depression or other mood disorder, grief, psychosis, disordered eating, diagnosed or suspected personality disorder, intentional self-injury, suicidal thoughts, suicide attempt).

Or, N/A.

Please list all **medications**, including:

Name of medication:

Dosage:

What it is for?

When & how it is taken?  
(regularly, or only as needed?)

Any side effects?

What happens if you miss a dose?

\* Note: please duplicate any needed medications (bring twice as many as necessary), and give half to your guide at the trip start.

**If so, please describe in more detail:**

- What are your symptoms?
- How often does this occur?
- How long does it normally last?
- When is it likely to occur – are there any specific “triggers”?
- Do you try to avoid these triggers, confront them, ignore them, or something else?
- What are your “coping strategies” -- what helps?
- Are there any unhealthy coping practices you are engaging in?
- Please describe your self-care practices (e.g. nutrition, sleep, movement, personal time, prayer, meditation, etc.)
- Have you ever been hospitalized for this condition?
- Is hospitalization or therapy generally required when this happens?

Have you seen a **counsellor, psychiatrist, or other professional for mental health care** in the past 12 months? If so, for what? (generally):

Please provide your therapist’s name and contact information if it could be helpful for us to talk to your therapist before or during the trip, as a resource to be better able to support you. *(Please also let your therapist know that we have **your** permission to contact him or her).*

Therapist’s name:

Therapist’s email/phone:

Does your therapist know that you have given permission for us to contact him or her?

Finally, what can **we** do to support you in the field?:

