



Let us get to know you

What's your full name?

What would you like to be called?

Are you a... He/him She/her They/them or something else?

How are you feeling?

Circle or underline as many as you want

- anxiety or worry
- don't want to come into school
- feeling withdrawn or isolated
- change in appetite, sleep or energy
- avoiding social or performance situations
- low mood
- stress
- difficulty concentrating
- panic attacks
- feeling angry or irritable
- Something else?

We will keep our sessions confidential (please ask us to find out what this means). Part of this is knowing who your trusted adult is. Who is the person that is okay for us to share information with if we had to?

Name:

Relationship to you:

Have you spoken to your family or carers about how you're feeling?

Yes A little No

Do you agree that you want/could benefit from some help?

Yes No Not sure

Would you prefer to see us face-to-face in school or on a video call?

Face-to-face Video call

Do you want your parent or carer to know that you're getting support?

Yes No Not sure

If yes, would you like us to support you to tell them?

Yes No

It's helpful for us to know if there is anything we can do to make our first meeting work for you. This might be something that helps with an additional learning need or a way we can help you feel more comfortable talking to us. So, is there anything you think we need to know before meeting you?