



Let us get to know you

What's your full name?

What would you like to be called?

What are your preferred pronouns?

He/him

She/her

They/them

or something else?

How have you been feeling?

anxiety or worry

don't want to come into school

feeling withdrawn or isolated

change in sleep

change in appetite

change in energy

stressed

difficulty concentrating

feeling panicked

feeling angry or irritable

low mood

avoiding social situations

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 it is okay for us to contact if we need to?

Name:

Relationship to you:

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 via a video call?

Face-to-face

Video call

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

Yes

A little

No

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

Is there anything we can do to help you feel more comfortable talking to us?

And is there anything that helps with any additional learning needs that you have?