

Name: _____

Date: _____

Engage in Your Well-Being



The Wellness Services team provides UNBC students with timely access to a health professional in a safe and positive space. A session will focus on the well-being issue you have identified as having brought you in here today.

Please take time to reflect and respond to the following questions to the best of your ability. The information you provide is optional but will assist us in understanding your specific well-being need.

1. What specifically brought you here today?

2. What are the impacts of this for you?

3. Do you currently feel at risk of harming yourself/others? Check your answer: -Yes -No

4. How are you feeling today? Check as many that apply below:

-anxious -angry -depressive -excited -lonely -happy -hurt -hopeful -scared -frustrated -sad
-lethargic/tired -other: _____

5. What other tools have you tried? Check as many that apply below:

-online resources -counselling -talking to friends/family -talking to professors -talking to a doctor
-going to the hospital -attending a group -joining a club -exercise -eating well -getting better sleep
-socializing -having fun -taking a break -planning a holiday -other: _____

6. What is your hope for today's meeting? What do you think would help?

7. Which best describes your intention with today's session? Check as many that apply below:

-drop-in -seeking recurring sessions -meeting a new counsellor -immediate support
-establishing a counselling relationship -new to counselling/trying counselling -unsure/undecided
-other: _____

8. What else do we need to know about you?