

# PACIFIC CLINICS REFERRAL FOR COUNSELING SERVICES

Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Grade: \_\_\_\_\_  
School/Referral location: \_\_\_\_\_ SS# \_\_\_\_\_ Medical#: \_\_\_\_\_  
Parent/Guardian Name: \_\_\_\_\_ Parent primary language: \_\_\_\_\_ Student primary language: \_\_\_\_\_  
Other languages parent speaks: \_\_\_\_\_ Other languages student speaks: \_\_\_\_\_  
Home phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_ Best# to reach parent: home cell work  
Referring person: \_\_\_\_\_ Date: \_\_\_\_\_ Was parent/guardian informed of referral?: yes no  
Please describe the emotional/behavioral concerns you have about this student:

Check all that apply

## Emotional Problems

Sad, depressed, tearful  
withdrawn, shy  
sudden or dramatic change in moods  
irritable  
suicidal thoughts, threats, gestures  
low self-esteem, feeling of worthlessness,  
extreme guilt  
sleep disturbance (too much or too little)  
poor concentration  
anxious, worried, nervous  
extreme fears (of objects, places, or social  
situations. Describe:  
can't get mind off of certain thoughts

## Social Problems

few or no friends/not liked by peers  
teased or scapegoated by peers  
threatens others, violent, gets into fights

## Family Problems

death of a significant other  
divorce/separation  
family drug or alcohol abuse  
stressful life event. Describe:  
runs away from home  
unstable living environment  
neglect  
physical abuse  
sexual abuse

## Behavioral Problems

sudden change in attendance and/or academic  
performance  
drug or alcohol use  
vandalism  
fire-setting  
cruelty towards animals  
self-mutilation  
frequent trips to the nurse  
sexual acting out. Describe:  
chronic truancy

## Thought Problems

strange ideas or beliefs. Describe:  
strange behaviors. Describe:  
auditory and/or visual hallucinations  
trouble organizing thoughts  
stares blankly  
talks to self  
appears unusually charged up (excitable, talks fast, inflated  
sense of self or abilities)  
feels others are out to get them

## Suspected Eating Disturbance

significantly underweight  
significantly overweight  
excessive concern about body image