

David Margolis, Ph.D., PA  
477 Congress St., Ste 1300  
Portland, ME 04101

Please provide the following information and answer the questions below. The information you provide here is protected by HIPAA as confidential information

Name \_\_\_\_\_  
(Last) (First) (Middle Initial)

Address: \_\_\_\_\_  
(Street & Number)

\_\_\_\_\_  
(City) (State) (Zip)

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Can I leave a message at: home phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Y/N Y/N

Email Address: \_\_\_\_\_

\*\* Email correspondence is NOT considered to be a confidential means of communication

Referred by \_\_\_\_\_

### Insurance Information

Please note that you are responsible for payment of your co-pay amount at the time of service. We will file all the necessary paperwork with your insurance carrier.

Primary Insurer \_\_\_\_\_ ID# \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Deductible \_\_\_\_\_ Met? \_\_\_\_\_

Secondary Insurer \_\_\_\_\_ ID# \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Deductible \_\_\_\_\_ Met? \_\_\_\_\_

Copay Amount: \$ \_\_\_\_\_

Have you previously received any type of mental health services?

\_\_\_ No

\_\_\_ Yes Please list previous therapist, psychiatrist

Please list any prescription psychiatric medications you are currently taking

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## General Health and Mental Health Information

Please rate your current physical health (circle one)

Poor                  Unsatisfactory                  Satisfactory                  Good                  Very Good

List any Sleep Problems \_\_\_\_\_

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Exercise: What Kind, how many times per week \_\_\_\_\_

Tobacco use: (circle)                  Cigarette                  Cigar                  Pipe                  Dip

How Often? \_\_\_\_\_

Are you Currently Experiencing overwhelming sadness, grief, or depression? Y\_\_\_\_\_ N\_\_\_\_\_

If Yes, how long have you felt this way? \_\_\_\_\_

Are you experiencing anxiety, panic attacks, or phobias? Y\_\_\_\_\_ N\_\_\_\_\_

If yes, when did these symptoms begin? \_\_\_\_\_

Amount /type of alcohol consumed per week: \_\_\_\_\_

Do you use any recreational drugs? Please list \_\_\_\_\_

Are you currently in a romantic relationship? Y\_\_\_\_\_ N\_\_\_\_\_ If yes, for how long? \_\_\_\_\_

Have you ever been admitted to a psychiatric facility Y\_\_\_\_\_ N\_\_\_\_\_

Number of times admitted to Detox program? \_\_\_\_\_

Problems with any of the following (Please check)

\_\_\_\_ Organization of paperwork at home or work

\_\_\_\_ Difficulty estimating how long a project will take

\_\_\_\_ Difficulty being on time

\_\_\_\_ Difficulty interrupting or talking over others

\_\_\_\_ Fiscal management e.g. paying bills on time, or knowing how much money you have in your checking account.

## Family Mental Health History

Please identify if there is a family history of any of the following. If Yes, please indicate the family relationship to you (e.g. maternal uncle)

	Family Member
Alcohol/Substance Abuse	
Anxiety	
Depression	
Domestic Violence	
Learning Disabilities	
Eating Disorders	
ADD/ADHD	
Obsessive Compulsive Disorder	
Schizophrenia	
Suicide Attempts	

Are you currently Employed? If yes, what is your current situation \_\_\_\_\_

What are some of your strengths?

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What are some of your weaknesses ?

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