

REQUEST TO SEE A COUNSELOR

THIS FORM IS FOR NON-EMERGENCIES.
If this is an emergency, please tell an adult ASAP!!

Date: _____ Grade: _____

Name: _____

Student ID Number: _____

Reason:

- School
- Friends or Other Kids
- Family or Home
- No problem, I just want to talk to you
- Other

Briefly tell us what you would like to talk about:

**Before requesting to see a Counselor,
have you tried?**

- ✓ Deep Breathing Techniques
- ✓ Self-Soothing Strategies
- ✓ Coping Skills
- ✓ Positive Self Talk
- ✓ Counting down from 10 to 1
- ✓ Or other techniques or strategies that work for you.