



A Total Approach to Health and Wellness



Could Counseling Help Me?

I have been unable to sleep lately.	YES	NO
I am experiencing high levels of pain that are stopping me from being able to function.	YES	NO
I can't seem to get my thoughts under control-they are consuming me, they keep reoccurring.	YES	NO
I have been in an accident and am working on healing, but feel overwhelmed with the process.	YES	NO
I feel that the stress in my life is out of control.	YES	NO
I am constantly angry, irritable or I snap at others.	YES	NO
I am not completing tasks; I am physically and or emotionally exhausted.	YES	NO
I do not enjoy my life-since_____	YES	NO
I want to be alone; I am no longer interested in being around others.	YES	NO
Since my injury/accident/illness people tell me that I am different.	YES	NO
I have little desire to eat/ and/or all I seem to want to do is eat.	YES	NO
Would you consider counseling?	YES	NO

If you have answered yes to any of these questions, you may want to consider counseling. OWC offers counseling by registered psychologists who will be able to help you to work through your concerns. Feel free to ask our staff about setting up a consultation.

Name: _____

Phone: _____