

How it Works:

It's about you: your goals, your friendships, your life. I want to help you feel better about being you. I want to hear the music you love, look at your art, see pics of your friends (and pets). We can play cards, listen to music, and eat ice cream. All at once.

99% of what you say to me stays with me. Only with me.
Sometimes I have to talk – here's when:

- Something bad might happen to you or someone you know.
- I have permission to talk with your teacher or doctor.
- A judge orders me by law.
- You've hurt me, damaged my property, or you know - committed a crime.

This doesn't happen often. If it does – we talk.

Your Parents or Guardians:

I tell you what they tell me. Besides that...

I try to help parents be better parents. They talk with me about their concerns. I talk with them about how teenagers work – what's going on in teen brain and why teenagers do what they do.

About Me:

I learned to talk with teenagers eating pizza and playing ping pong. I love my job.

I also love: Music - Read Books - Coffee – Chocolate – YouTube.

I need help with: Spotify - Current Music Scene - Drawing.

I am a cat person.

I ask stupid questions. Please help me.

Questions?

You ask. I answer. Boom.

DO TELL

Being here: Good Idea? Bad Idea? Why?

What Bugs You?

Tell Me About Your Friends.

How is School Going?

How is Life at Home?

Mark It.

Depression		History of Substance Abuse	
Extreme Sadness		History of Self-Harm	
Poor Concentration		Change in Sleeping Habits	
Memory Problems		Lack of Energy	
Change in Eating Habits		Feeling Stressed	
Eating More		Excessive Energy/Euphoria	
Eating Less		Irritable	
Purging		History of Suicide Attempts	
Weight Changes		Nervousness	
Work/School Issues		Sudden Bouts of Panic	
Lack of Meaning		Muscle Tension	
Poor Self-Esteem		Anger Problems	
Perfectionism		Physical Complaints	
Thoughts of Hurting Yourself		Thoughts of Hurting Others	
Visual Hallucinations		Mood Swings	
Hearing Voices		Nightmares	
Interest in Dream Work		History of Violence	
History of Abuse		Sexual Concerns	
Dissatisfaction with Relationships		Obsessions or Compulsions	

Your Hopes and Dreams. I want to know.