



All information you provide is confidential and will only be used to support your psychiatric assessment and care. This form does not replace an in-person consultation. In an emergency, do not wait for your appointment — see the notice on the back page.

### 1. Personal Information

Full Name	Age
Gender	Occupation
Phone / WhatsApp Number	City
Address	

### 2. Visit Details

Preferred Consultation Type	Preferred Date	
<input type="checkbox"/> Government Practice (HMC)	<input type="checkbox"/> Private Practice (IBP)	<input type="checkbox"/> Video Consultation
Referred By (if any)		

### 3. Reason for Visit

Briefly describe what brings you in today

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### 4. Background

<input type="checkbox"/> Previously seen a psychiatrist or therapist	<input type="checkbox"/> Currently taking any medication
If yes, please list medications / past treatment	
Known allergies, medical conditions, or family history of mental health conditions	

### 5. Consent

I confirm that the information provided above is accurate to the best of my knowledge, and I consent to being contacted regarding my appointment.

Patient Signature	Date
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## Before Your Appointment — Important Safety Notice

**If you are in immediate danger or having thoughts of harming yourself, do not wait for your appointment.**

- Call Rescue 1122 (Pakistan's 24/7 emergency ambulance service) or go to your nearest hospital emergency room
- Or call Umang Pakistan — a free, 24/7 mental health helpline: 0311-7786264

This form and any online request are not monitored in real time and are not appropriate for emergencies.

### What to Expect on Your First Visit

- Please arrive 10-15 minutes early to complete this form if you haven't already.
- Bring a valid CNIC/ID, and any previous prescriptions or medical reports if available.
- The first consultation typically involves a detailed discussion of your history and current concerns.
- You are welcome to bring a trusted family member or friend if that makes you more comfortable.
- Everything discussed is confidential, in line with professional medical ethics.