



BEHAVIORAL HEALTH SELF REFFERAL

You may want to call the HELPLINE to talk confidentially with one of our counselors or case managers about your answers to questions or concerns below. You may complete your registration with our Health Center before your first clinic or office visit. You are always welcomed to visit us to discuss your healthcare needs.

Reasons for Visit

PRESENT PSYCHOLOGICAL/EMOTIONAL PROBLEMS:

History of experience or witnessing recent trauma (sexual or physical abuse/assault, violence, accidents, war, natural disaster, death)

Not sleeping well

Feeling depressed, sad, hopeless on most days

Feeling stressed, nervous, anxious

Feeling lonely, isolated

Bothered by thoughts, impulses or images you cannot get rid of or control

Hard to concentrate or focus

Thinking too much about certain situations, worrying excessively about things or specific items

You are overwhelmed by things going on in your life

You have experienced the loss/death of someone close to you

Negative thinking, irrational beliefs

Suicidal thoughts or thoughts about harming others

Hearing voices or having visions others cannot perceive

SUBSTANCE USE PROBLEMS:

Drinking alcohol (beer, wine, liquor) too often

Consuming too much alcohol when drink

Experiencing alcohol withdrawal symptoms when trying to drink less or stop drinking

DWI arrests

Using illicit opiates like heroin

Using prescribed opioids (painkillers...Vicodin, OyxContin, methadone) for non-medical reasons

Using benzodiazepines like Valium, Xanax, or Ativan for non-medical reasons

Using stimulants like methamphetamines or crystal meth for recreational purposes

Smoking or using tobacco products

MEDICATION MANAGEMENT:

Refill existing prescriptions or seek a medication change for addiction and/or psychiatric conditions?

Have you received these medications before? If so, where?

Do you have had a recent history of therapy for behavioral health or substance use? If so, where?

For Your First Visit: If you do not have any of these documents, we may still be able offer services

1. Come 15 minutes early to process paperwork.
2. Bring your insurance, Medicare or Medicaid card.
3. Bring financial information (current tax return/W2 or copies of pay stubs) if applying for discount fee programs.
4. Bring any medications you are taking.
5. Bring immunization records.
6. Bring information about any medical care you have received elsewhere recently.
7. Bring a valid photo ID.

**999 W. Amador Ave. Suite D • Las Cruces, NM 88005
(575) 556-9681 OFFICE • (575) 323-2266 MOBILE HELPLINE**