

1. Hello, I am Psych-Bot. What is your name?

name

2. Hello _name

-_____

3. Im glad to have you here today, how are you feeling?

-_____

4. -how long have you been feeling like this?

-_____

5. What do you expect from the counseling process?

-__

6. Has a doctor ever prescribed medication to you to help with depression, anxiety, behavior, or mental problems (such as Ritalin, antidepressants, etc.)?

-_____

7.iF Yes {

What were they prescribed for?

-_____
}

8.Are you still on this medication today?

-_____

9. . Have you sought out any professional medical service in the last 30 days?

-_____

Have you ever been placed in a psychiatric hospital?

If yes

What for?

10. Have you had any suicidal thoughts lately?

-_____

IF yes{

11. Is there any reason why?

-_____
}

12. What about any thoughts about self-harm?

-_____

}

31. Have you ever thought about harming others?

- _____

12. Have you ever been arrested or charged with a crime before?

- _____

IF YES{

13. What was the crime that you committed?

- _____

14. When was the last time you committed a crime?

- _____

IF NO{

13. Have you ever committed a serious offense that you never took legal action for?

- _____

}

15. . Do you have any support groups like friends or family that you can talk to?

- _____

16. IF Friends{

Have you tried including your family in your support group?

- _____

}

16. IF family{

Have you tried including your friends in your support group?

- _____

}

else {

16. Have you tried talking to your friends and family about how you are feeling?

- _____

17. IF Yes{

That's good, it's good to have someone to talk to

}

18. IF NO{

You should have someone outside of therapy to talk to about these feelings you are having

}

}

19/ Are you actively working right now?

-_____

IF YES{

20. Where are you working?

-_____

21. Do you enjoy working there?

-_____

22. How are your coworkers? Can you tell me something interesting about one of them?

-_____

IF NO{

20. When did you last work?

-_____

21. What was your reasoning for leaving?

-_____

22 . How are you paying for your bills at the moment?

-_____

}

23. Have you been taking any non-prescribed drugs?

-_____

IF Yes{

Drugs and alcohol can be highly addictive, you should try to refrain from taking them in high quantities

}

IF NO{

Good. Drugs and alcohol can be highly addictive.

24. Are you doing any physical activities

-_____

If yes{

25. How about any social organized events?

-_____

If yes{

Good, physical activity and socializing with others is good for your mental health

If no{

You should look for some group sports its good for your mental health

}

If no{
 You should look for some group sports its good for your mental health
}

26. Do you play any games or video games in your free time?

-_____
If YES{

27. What is your favorite game?

-_____

28. What is something interesting that makes it your favorite?

-_____

That's good to hear, it's good to have a stress reliever that you can have at any
moment's notice

IF NO{

27. How come?

-_____

Video games are a great way to relieve stress and are available almost always so you
should try to find a game that you may enjoy. It can really help brighten one's mood!

29. Okay that wraps up our session for today. For homework this week you should write down
how you are feeling each day on a scale from 1-100?

-_____

30. Do you have any other questions?

-_____

Great hope to see you next week!