



OMHC Therapist Tool Inclusive Intake Questions

Use these questions to create a welcoming, culturally responsive, and person-centered intake process. Select and adapt questions based on clinical relevance and client preference.

Building Rapport

- What name would you like me to use?
- How would you like me to address you?
- What brings you to counseling at this time?
- What are you hoping will be different as a result of therapy?

Identity & Background

- What aspects of your identity are most important for me to understand?
- Are there cultural, family, spiritual, or community values that influence your life?
- Have any parts of your identity affected your experiences with healthcare or mental health services?

Support Systems

- Who are the people you turn to for support?
- What relationships are most important to you?
- Are there community, faith, or social groups that play a role in your life?

Mental Health & Wellness

- How have you been coping with stress recently?
- What strengths have helped you through difficult situations in the past?
- What does emotional wellness look like for you?

Safety & Accessibility

- Do you have any accessibility needs that would help you participate fully in treatment?
- Have you felt safe at home, work, school, or in your relationships?
- Is there anything that might make it difficult to attend appointments or engage in treatment?

Closing Questions

- What is something important about you that I haven't asked?
- What would help you feel respected and supported during therapy?
- Do you have any questions for me before we finish today?