

# Professional Help and Resources Worksheet

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**Instructions:** Use this worksheet to identify and plan your professional support and resources.

## Therapist/Counselor Information:

- Name: \_\_\_\_\_
- Contact Information: \_\_\_\_\_
- Appointment Schedule: \_\_\_\_\_

## Treatment Options Explored:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Assessments to Complete:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Interventions to Try:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_