

Quimby Oak Counseling Self-Referral Form

If you need to talk to the school counselor, please fill out this form and put it in the box on the counselor's door or slip it under the school counselor's door. Mrs. Braga will contact you as soon as possible.

Name: _____ Grade: _____ Date: _____

I need to talk to you about:

- URGENT! I need to meet as soon as possible!
- My grades and school work
- Planning for my future
- Peer Pressure
- The death of a person or pet
- How others are treating me
- Feeling better about myself
- I am worried about a friend
- Something else (please write it in below)
