



Quimby Oak Counseling Self-Referral Form

If you need to talk to the School Counselor, please fill out this form and place it in the box or slip it under the counseling door. Ms Lam will contact you as soon as possible.

Name _____ Grade _____ Date _____

I need to talk to you about:

It's urgent, I need to meet ASAP! The death of a person or pet

My grades and school work How others are treating me

Peer Pressure I am worried about a friend

Something else? – Please write it below
