

# Psychological Services & Personal Counseling

## PSYCHOLOGICAL SERVICES & PERSONAL COUNSELING

### OUR SERVICES

#### OVERVIEW

- Make an Appointment
- In Case of Emergency
- Student Testimonials
- FAQs about our Services

#### ABOUT US

- Mission and Values
- Meet Our Staff
- Wellness Ambassadors

#### RESOURCES

- tth - Build Mental Health Skills
- TimelyCare - 24/7, 1-on-1 Mental Health Support
- Mental Health Resources
- Resources for Black Students
- Community Referrals
- Calm Anxiety During COVID-19
- For Faculty & Staff

#### CAMPUSEVENTS

- May 2023 is Mental Health Awareness
- Upcoming Events & Workshops
- Testimonials

#### RELATED STUDENT SERVICES

- Counseling
- Disability Resource Center
- Health Services
- Title IX Stop Sexual Violence
- Veterans Services
- Racial Trauma and Ally Resources
- Past Events

## We're Here to Help!

"Bringing Hope When You Need It the Most"



### Mental Health Online Resources

Foothill students have lots of options to help manage mental wellbeing. *For free!* Explore what's available and find the tools that work best for you!

- [tth-To Be Honest](#)—Build mental health skills with real therapists + the support of other students
- [TimelyCare](#)—Speak with a mental health professional one-on-one, available 24/7

In case of an emergency, [see who to call](#).

## Visit Our Office In-Person & Virtually

### In-Person Office Hours

Summer 2023 Service Hours (July 3–Aug. 11)

- Mondays - Thursdays: 8 a.m.–5 p.m.
- Closed Fridays
- Lunch Break 1–2 p.m. Please leave a message with your phone number and student CUID, and we will return your call.
- DROP IN (Brief 15 min appointments daily from 12–4 p.m.)

Exceptions: Closed Tuesday, July 4, for Independence Day Holiday

### Urgent & Drop-In Counseling

#### DROP IN HOURS

Monday–Friday 12–1pm for brief 20 minute drop-in appointments.

Please contact our office a few minutes before 12 Noon on the day you would like to be seen, and you will be seen by a provider on a first-come, first-serve basis.

Phone: 650.949.7910

#### NEW Talk Space Option

What's a "talk space?" Talk Spaces provide a private and quiet environment on campus for your virtual appointment. Come in and use our Talk Spaces located in our Psych Services Office in Building 5400. Want more info? Ask about this option when you [make an appointment](#).

### Make an Appointment

[To make an appointment](#), call Patricia Meza Parada, BA, our Administrative Assistant in Psychological Services at 650.949.7910 during our [office hours](#).

Cost: FREE for registered students! Up to 8 free sessions per academic year!



May 10–June 8, 2023

[Join us for our series of events.](#)



How have you been feeling?

Take a confidential eCHECKUP screener to see how we can help support your mental health! You'll find useful information on topics such as alcohol and marijuana education; managing anxiety, and planning for well-being.

[GO TO E-CHECKUP NOW](#)

#### IN CASE OF AN EMERGENCY



Need Support? We're Here to Help! Psychological Services & Personal Counseling

- 650.949.7910
- [fbpsychservices@fhda.edu](mailto:fbpsychservices@fhda.edu)
- Student Resource Center (SRC) Building 5400

We're Hiring Student Wellness Ambassadors

- [View Job Description](#)
- [Fill Out Application](#)

Learn Stress Management Skills – Take CNSL 72

Earn 3 CBU Transferable Units, 100 Enroll in CNSL 72: Stress, Wellness & Coping, offered fall, winter and spring.

[See schedule of classes](#)

Follow Us on Instagram

[fh\\_wellness](#)

Stay up to date with our Wellness Ambassadors. Reach out with questions, get tips for coping, and learn about upcoming events.

[Meet our Wellness Ambassadors](#)