



Hello!

Based on student feedback, we added information to this week's update that you may find helpful. In addition, you can find the latest information and Covid-related resources from the college on the [Health Services website](#).

A friendly reminder that Student Health Services has FREE tests available for all students taking on-campus classes. To date, we have distributed **202** tests and we are looking forward to distributing more. See below for details.

For questions, concerns, or more information, contact us at [covidquestions@fhda.edu](mailto:covidquestions@fhda.edu).

-Foothill Health Services Team

### **Mental Health During Covid-19**

Stress and anxiety about Covid-19 and its impact can be frightening and overwhelming. Our [Psychological Services](#) team is here to support you and provide you with judgement-free services and resources during these difficult times.

Psychological Services has new resources for you to access mental health support, including:

- 24/7 peer-to-peer online support groups to connect with other students and trained professionals
- An interactive self-help therapy mobile application
- On-campus and online counseling sessions with our team of professionals

To schedule an appointment or access these great resources, please visit [Psychological Services](#) for more information.

### **Weekly Covid Cases**

For the third week of classes, we had **17** reports from Covid-positive students. This is .59% of our unduplicated count of students who are actively enrolled in on-campus classes.

Thank you for doing your part in keeping yourself and our campus community safe. To report a Covid-positive case, please complete the [Covid-19 Reporting Form](#).

### **Free Test Kits for Students Taking In-Person Classes**

We have free test kits available to all on-campus students, including exempted students. To receive a test kit, please visit Student Health Services located in **Room 2126** (next to Campus Police), Monday-Friday, 9 a.m.-4 p.m. (closed 1-2 p.m. for lunch).

### **Your Student Voice Matters**

Student feedback is important to us. If you are not seeing what you were looking for, [let us know what you would like to see in future Covid-19 Weekly Updates](#).

Thank you,  
Foothill College Health Services Team