



Mental Health and Allyship Resources for Jewish, Muslim & Palestinian students

Location

Lower campus center Building 2100 room 2120 next to the Health Center and across from the bookstore.

Office Hours

Office hours: Monday-Thursday 8-5, Friday 8-3

Phone: 650-949-7910

Email: fhmhwc@fhda.edu

Web: www.foothill.edu/mentalhealthwellness

Urgent Drop-in Counseling

If you have a quick question or would like to speak to a counselor for a **brief 20-minute session**, we have urgent, same-day sessions available for you. **No appointment needed.**

Drop-in Hours: Monday-Friday 12-1

Scheduled Appointments

In person and virtually with the Foothill College Team

To request an appointment: Sign in to 'MyPortal'. Click on apps, then scroll to the Mental Health & Wellness Center App. Click on 'forms' to complete registration paperwork and request an appointment.

Feel free to also call or stop by anytime, **650-949-7910**.

Free **Virtual** Mental Health Resources

Timely Care

Virtual mental health support 24/7. [Register here with your school email](#) (must end in .edu) and speak to a mental health professional instantly or schedule an appointment with a provider of your choice.

tbh: to be honest

Mental health is for everyone. Whether you've done therapy before or not, tbh is a great place for you to build up a mental health routine. It's like a gym for your mental health: a place where you can proactively work on whatever's on your mind and learn useful skills that will help you be happier.

Get the expertise of therapists + the support of other students in a group or individually with a coach in a friendly and casual virtual space. [Take care of yourself with tbh and sign up here.](#)

Emergencies

If you're feeling like you or someone you know is having a **mental health emergency**,

Call or text 9-8-8

Other Community Mental Health Resources

(Alphabetically organized)

Activist Support Calls Free Non-therapy support calls only

More information: [Calamansi Counseling Support Info Instagram](#)

Website: <https://www.calamansicounseling.com/activists>

Specialty community: Muslim/Palestinian Students

Charles Bauman

Discovery Counseling Center

Phone: 831-431-0346

Website: <https://www.mydiscoverycc.com/>

Telehealth only

Sliding fee scale for students

Specialty community: Muslim/Palestinian Students

Specialty community: Jewish/Israeli Students

Jennifer Jaber LMFT

Phone: 510-698-1807

Email: jennifer@jenniferjabermft.com

Fee: \$10/session

Specialty: anxiety, depression, loss of identity

Website: [Psychology Today](#)

Availability: Tuesdays and Thursdays between 9 AM and 2 PM

Specialty community: Muslim/Palestinian Students

Jewish Family and Children's Services

Website: <https://www.jfcs.org/find-help/adults-families/counseling-consultation/>

Specialty community: Jewish/Israeli Students

Amy Markoff Johnson, MA, AMFT (she/her)

Email: amymjtherapy@gmail.com

Phone: 408-412-2707

Website: <https://www.amymjtherapy.com>

Low fee for students

Specialty community: Muslim/Palestinian Students

Specialty community: Jewish/Israeli Students

Laura Johnson, AMFT

Low Cost by On My Mind Foundation: <https://www.onmymindfoundation.org/resources/sign-up>

Phone: (650) 880-2804

Website: www.laurajohnstonamft.com

Sliding fee scale for students

Specialty community: Jewish/Israeli Students

Sarah Lesko, LMFT she/her

Email: SarahLeskoLMFT@gmail.com

Phone: (916) 934-2636

Website: TherapywithSarah.org

Telehealth only

Sliding fee scale for students

Specialty community: Muslim/Palestinian Students

Specialty community: Jewish/Israeli Students

Nicole Ohebshalom

website: www.nicoleohebshalom.com

www.connectiveintelligence.org

Sliding fee scale for students

Specialty community: Jewish/Israeli Students

Katarina Pogosov

Email: firepoppytherapy@gmail.com

Website: www.firepoppytherapy.com

Fee: \$80 (normally \$190)

Specialty community: Muslim/Palestinian Students

Dr. Tanya Shtutman

Website: [Dr. Tanya Shtutman Psychology Today](#)

Sliding fee scale for students

Specialty community: Jewish/Israeli Students

Other Mental Health Resources

1. [This is a substantial list](#) of more mental health providers in the community
Specialty community: Muslim/Palestinian Students
2. [This is an extensive list](#) of other Jewish providers in the community
Specialty community: Jewish/Israeli Students
3. [Inclusive Therapist Resource Guide](#)