Scheduled Appointments

- To schedule your first appointment, visit our office in the Student Resource Center, Building 5400 or call 650.949.7910.
- 2. After your appointment has been scheduled, visit **myportal.fhda.edu** and click on the "Psych Services Student Portal" app.
- 3. Complete the the forms shown before your appointment.

Service Hours for Appointments

Monday-Thursday, 8 a.m.-5 p.m. Friday, 8 a.m.-3 p.m. Summer hours vary. Please check the website.



In Case of an Emergency

Foothill College Psychological Services are **NOT** available 24-hours a day.

For Life-Threatening Emergencies

- Dial 911
- If you are on campus, call 408.924.8000, or go to Campus Police, Campus Center Room 2103.

For Crisis Intervention

- 24-Hour Suicide & Crisis Service Santa Clara County
 1.855.278.4204 (toll free) or text "COURAGE" to 741741
- National Suicide Prevention & Hotline for Veterans 800.273.8255 (TALK)

In Case of Sexual Assault

- First get to a safe place. Then seek help.
- Learn more at foothill.edu/titleix

For More Information

Psychological Services & Personal Counseling Student Resource Center, Building 5400 fhpsychservices@foothill.edu 650.949.7910

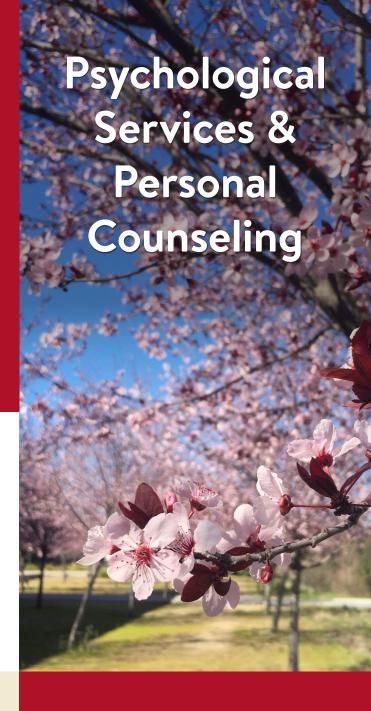
foothill.edu/psychservices

FOOTHILL COLLEGE

12345 El Monte Road, Los Altos Hills, CA 94022

Foothill-De Anza Community College District Board of Trustees: Patrick J. Ahrens, Laura Casas, Pearl Cheng, Peter Landsberger and Gilbert Wong; Foothill Student Trustee and De Anza Student Trustee.

STU 071119





We're Here to Help

Students are encouraged to come in and discuss a wide range of concerns. Our staff consists of licensed mental health professionals. We maintain a strict confidentiality policy and all services are free to current Foothill students.

- Academic pressure
- · Substance use and abuse
- Isolation and Ioneliness
- Depression or suicidal thoughts
- Sexuality
- Grief or loss
- Family conflict or separation
- Roommate disputes
- Friendship and love
- Relationships
- Stress and/or anxiety
- Cultural adjustment



Student Testimonials

"I hold a great deal of my success this past school year to our meetings. This has been the most positive and effective therapeutic experience in my life." – H.C.

"We don't have to shoulder everything on our own. Thank you so much for your guidance." – M.D.

"In those few weeks you gave hope and strength that will last for a long time. You change people from the inside and give them hope." – M.M.

Free & Confidential Student Services

- · Individual and couples counseling
- Crisis intervention services
- Mediation for student/student or student/faculty conflicts
- Information and referral services to campus and community resources
- · Wellness workshops
- · Stress management strategies and skills
- CNSL 72: Stress, Wellness & Coping, a 3-unit CSU transferable class that meets the GE & Lifelong Learning Requirement

Urgent & Drop-in Counseling

We are located in the in the Student Resource Center, Building 5400.

Drop-In Counseling Hours

Brief 20-minute appointments available for urgent needs or a safety check, campus or community referrals, or quick questions answered.

Monday-Thursday, 12–1 p.m. Friday, 1–2 p.m. Summer hours vary. Please check the website.

Urgent Appointments

If your problem is urgent and you are not able to attend drop-in hours, please visit our office or call 650.949.7910 and a counselor can be made available. You will be asked to complete some basic paperwork.