

# PSYCHOLOGICAL SERVICES



**WellTrack**  
Interactive Self-Help Therapy

A free online app that provides you with **tools and resources to help you** deal with stress, anxiety and depression.

**tbh.**

Tbh stands for “to be honest” who curates small virtual groups of 5-10 students who meet with mental health coaches on a weekly basis to **engage in honest conversations** that help them thrive.



**togetherall**

Togetherall is a **safe**, anonymous, online **peer community** to support your mental health. Free & active 24/7. If you are **feeling overwhelmed**, struggling socially, or just not feeling like yourself, check it out.

**CNSL 72** is a Stress Wellness and Coping class that incorporates **wellness and stress reduction** strategies over a 12-week quarter.

**Foothill** also provides **individual counseling and drop-in**.  
Visit our website  
[www.foothill.edu/psychservices](http://www.foothill.edu/psychservices)  
or call 650-949-7910

**Feeling stressed or overwhelmed?**  
**We get it! You're not alone, we're here to help.**



P: 650-949-7910

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**FREE & CONFIDENTIAL**

# WELLNESS TOOLS



**togetherall**



**tbh.**



**WellTrack**

Interactive Self-Help Therapy

Download the WellTrack app  
and register with the code  
**FOOTHILL** for full access



**Foothill Counseling**  
Make an Appointment



**FOOTHILL COLLEGE**  
PSYCHOLOGICAL SERVICES &  
PERSONAL COUNSELING