

## Scheduled Appointments

1. 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](http://foothill.edu/titleix)

## For More Information

Psychological Services & Personal Counseling  
Student Resource Center, Building 5400  
[fhpsychservices@foothill.edu](mailto:fhpsychservices@foothill.edu)  
650.949.7910

[foothill.edu/psychservices](http://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

# Psychological Services & Personal Counseling



## 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 loneliness
- 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.