

Free Mental Health Resources

Timely Care

tbh: to be honest

Specialty community: Jewish/Israeli Students

510-698-1807

jennifer@jenniferjabermft.com

\$10/session

Specialty: anxiety, depression, loss of identity

[Psychology Today](#)

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

(she/her)

amymjtherapy@gmail.com

408-412-2707

<https://www.amymjtherapy.com>

Low fee for students

Specialty community: Muslim/Palestinian Students

Specialty community: Jewish/Israeli Students

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

: (650) 880-2804

: www.laurajohnstonamft.com

Sliding fee scale for students

Specialty community: Jewish/Israeli Students

she/her

SarahLeskoLMFT@gmail.com

(916) 934-2636

TherapywithSarah.org

Telehealth only

Sliding fee scale for students

Specialty community: Muslim/Palestinian Students

Specialty community: Jewish/Israeli Students

www.nicoleohebshalom.com

www.connectiveintelligence.org

Sliding fee scale for students

Specialty community: Jewish/Israeli Students

firepoppytherapy@gmail.com

: www.firepoppytherapy.com

\$80 (normally \$190)

Specialty community: Muslim/Palestinian Students

[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](#)