

L.I.F.E. COMMUNITY

Contact your assigned faculty and fourth-year mentors

ACADEMIC RESOURCES

Tutors

[To request a tutor](#)

Academic Support Canvas Page

<https://llu.instructure.com/courses/1147891>

Academic Counseling

Dr. Jill Genobaga

Creation of success plan

Learning specialist/assessment

[\(909\) 558-4000](tel:9095584000) ext. 59616

jgenobaga@llu.edu

LIVING WHOLE PROGRAM

myllu.llu.edu/livingwhole

The Student SPARK Program

Time management

Test Anxiety

Setting and meeting academic goals

Sleep Optimization

SPIRITUAL SUPPORT

University Chaplains

[909-558-8348](tel:9095588348)

STUDENT AFFAIRS/DEAN'S OFFICE

Dr. Yami Bazan, Associate Dean for Student Affairs

[\(909\) 558-4630](tel:9095584630)



OTHER COUNSELING OPTIONS

STUDENT ASSISTANCE PROGRAM (SAP)

Free short-term scheduled counseling

[\(909\) 558-6050](tel:9095586050)

COMMUNITY COUNSELING

Student Health Plan Preferred Provider List

FAMILY RESOURCES

Couples Counseling - [\(909\) 558-6050](tel:9095586050)

Junior Medical Auxiliary (JAM) [\(909\) 558-4630](tel:9095584630)

MENTAL HEALTH SUPPORT

PHYSICIAN VITALITY

Create a success plan

Page or call for 24/7 support

[909-558-5257](tel:9095585257) (ext. 55257)

PhysicianVitality@llu.edu

Dr. Barbara Hernandez

calendly.com/bhernandez2

Dr. Naomi Schwenke

Physician life coach

nschwenke@llu.edu

DEPARTMENT OF PSYCHIATRY

Schedule with a psychiatrist through the Office of Physician Vitality [\(909\) 558-5257](tel:9095585257)

BEHAVIORAL HEALTH INSTITUTE

[\(909\) 558-9500](tel:9095589500)

Outpatient Counseling & Testing

NATIONAL HOTLINES

Suicide Hotline

24/7 free, confidential support

Call: 988

Crisis Text Line

www.crisistextline.org/texting-in

Text: 741741

LLU CHEMICAL DEPENDENCE & ADDICTIONS

Intake: [\(909\) 558-9224](tel:9095589224)

COMMUNITY ADDICTIONS

sbcounty.gov | [800-968-2636](tel:8009682636)

MEDICAL ILLNESS

Student Health

[909-558-8770](tel:9095588770)

← STRESSED

→ AT RISK