

L.I.F.E. COMMUNITY

Contact your assigned faculty and fourth-year mentors

CONFIDENTIAL ADVISORS FOR MEDICAL STUDENTS (CAMS)

Cherie Cora, MD, CACora@llu.edu
Vaneet Sandhu, MD, VKSandhu@llu.edu
[About CAMS](#)

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 ext. 59616
jgenobaga@llu.edu

LIVING WHOLE PROGRAM

myllu.llu.edu/livingwhole
The Student SPARK Program
Time management; Test anxiety; academic goals

SPIRITUAL SUPPORT

University Chaplains
909-558-8348

STUDENT AFFAIRS/DEAN'S OFFICE

Dr. Yami Bazan, Associate Dean for Student Affairs
(909) 558-4630



OTHER COUNSELING OPTIONS

STUDENT ASSISTANCE PROGRAM (SAP)

Free short-term scheduled counseling
(909) 558-6050

COMMUNITY COUNSELING

Student Health Plan Preferred Provider List

FAMILY RESOURCES

Couples Counseling - (909) 558-6050
Junior Medical Auxiliary (JAM) (909) 558-4630

MENTAL HEALTH SUPPORT

PHYSICIAN VITALITY

Create a success plan
Page or call for 24/7 support
[909-558-5257](tel:909-558-5257) (ext. 55257)

PhysicianVitality@llu.edu
Dr. Barbara Hernandez
calendly.com/bhernandez2
Dr. Pierre Scott
bpscott@llu.edu

DEPARTMENT OF PSYCHIATRY

Schedule with a psychiatrist through the
Office of Physician Vitality (909) 558-5257

BEHAVIORAL HEALTH INSTITUTE

(909) 558-9500
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

COMMUNITY ADDICTIONS

sbcounty.gov | 800-968-2636

MEDICAL ILLNESS

Student Health
[909-558-8770](tel:909-558-8770)

← **STRESSED**

AT RISK →