

## 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](mailto:CACora@llu.edu)  
[About CAMS](#)

## ACADEMIC RESOURCES

### **Peer Academic Coach**

[To request a coach](#)

### **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](mailto:jgenobaga@llu.edu)

## LIVING WHOLE PROGRAM

[myllu.llu.edu/livingwhole](http://myllu.llu.edu/livingwhole)  
*The Student SPARK Program*  
*Time management; Test anxiety; academic goals*

## SPIRITUAL SUPPORT

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

## STUDENT AFFAIRS/DEAN'S OFFICE

Dr. Jaime López  
Associate Dean for Student Affairs  
[\(909\) 558-4630](tel:9095584630)

**STRESSED**



## OTHER COUNSELING OPTIONS

### EMPLOYEE AND STUDENT COUNSELING SERVICES (ESCS)

Free short-term scheduled counseling  
[\(909\) 558-6050](tel:9095586050)

### COMMUNITY COUNSELING

Student Health Services

### 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](mailto:PhysicianVitality@llu.edu)  
Dr. Barbara Hernandez  
[calendly.com/bhernandez2](https://calendly.com/bhernandez2)  
Dr. Pierre Scott  
[bpscott@llu.edu](mailto:bpscott@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](http://www.crisistextline.org/texting-in)  
Text: 741741

### LLU CHEMICAL DEPENDENCE & ADDICTIONS

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

### COMMUNITY ADDICTIONS

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

### MEDICAL ILLNESS

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

**AT RISK**