

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
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 ext. 59616
jgenobaga@llu.edu

FINANCIAL

LLUSM Student Affairs
909-558-4630

SPIRITUAL SUPPORT

University Chaplains
909-558-8348

STUDENT AFFAIRS/DEAN'S OFFICE

Dr. Jaime López
Associate Dean for Student Affairs
(909) 558-4630

MENTAL

Depression, anxiety, ADHD, OCD,
addiction, suicidal thoughts

EMOTIONAL

Isolation
Family of origin issues
Maladaptive perfectionism
Abnormal thought process

INTELLECTUAL

Failure of test
Time management
Professionalism



SOCIAL

Loss of community
Family crisis
Divorce/Break-up
Financial issues

SPIRITUAL

Meaning/purpose
Crisis of belief
Identity
Calling

PHYSICAL

Health issues
Exercise
Nutrition
Sleep

OTHER COUNSELING OPTIONS

EMPLOYEE AND STUDENT COUNSELING SERVICES (ESCS)

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

COMMUNITY COUNSELING

Student Health Services

FAMILY RESOURCES

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

LIVING WHOLE PROGRAM

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

MENTAL HEALTH SUPPORT

PHYSICIAN VITALITY

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

Dr. Barbara Hernandez
PhysicianVitality@llu.edu
Dr. Pierre Scott
bpscott@llu.edu
Dr. Lauren Snyder
lsnyder@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

STRESSED

AT RISK