

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

jgenobaga@llu.edu

FINANCIAL

LLUSM Student Affairs

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

SPIRITUAL SUPPORT

University Chaplains

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

STUDENT AFFAIRS/DEAN'S OFFICE

Dr. Jaime López

Associate Dean for Student Affairs

[\(909\) 558-4630](tel:(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](tel:(909)558-6050)

COMMUNITY COUNSELING

Student Health Services

FAMILY RESOURCES

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

Junior Medical Auxiliary (JAM) [\(909\) 558-4630](tel:(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](tel: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](tel:(909)558-5257)

BEHAVIORAL HEALTH INSTITUTE

[\(909\) 558-9500](tel:(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](tel:(909)558-9224)

COMMUNITY ADDICTIONS

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

MEDICAL ILLNESS

Student Health

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

STRESSED

AT RISK