



Resources for College Students

If you have ever experienced a situation and didn't know how to handle it, now is the time to take a look at the resources available to you within the area. You never want to experience another encounter in which you feel you have no control and no one to rely on. Click the link to find information about various locations or hotlines at your disposal, in the case of an emergency.



Student Resources

Santa Monica Rape Treatment Center

- In the case that you or someone you know has been sexually assaulted, the Santa Monica Rape Treatment center provides a safe environment to receive help and information on how to deal with the aftermath of an assault. For more information, [click here](#).
 - Located at Santa Monica-UCLA Medical Center 1250 Sixteenth Street Santa Monica, California 90404
 - Telephone: (310) 319-4000

National Suicide Prevention Lifeline

- If you or anyone that you know is experiencing suicidal thoughts, the National Suicide Prevention Lifeline has counselors waiting to speak with you. No matter what the problem may be, there are individuals ready to speak with you during any time of day. Simply call 1-800-273-8255 and you will be connected with a skilled counselor in your area. For more information, [click here](#).

The Academic Resource Center (ARC)

- The ARC provides opportunities for students to become more fully integrated into the rich and diverse culture of the university. Peer tutors provide one-on-one writing support for papers in any class and lead a wide variety of writing workshops. The ARC also supports a variety of programs for special populations, such as **First To Go**, which serves first-generation college students on campus, and programs for the entire





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campus community, such as the **LMU Common Book**. The ARC can be found on the second floor of Daum Hall.

Student Psychological Services (SPS)

- SPS provides confidential individual and group therapy; walk-in consultations; emergency psychological services; and psycho-educational outreach programming. SPS also offers psychological consultation to students, faculty, staff, or parents who are concerned about a student. SPS can be found located on the **NORTH SIDE** of the Fritz Burns Recreation Center, 2nd floor, directly above the Student Health Center.

Student Health Center (SHS)

- SHS is a full service medical office with a health care team that includes physicians, nurse practitioners, registered nurses, an x-ray technologist, and trained support staff. The health center can be found next to the fitness center.