You've Got This: Lion Wellness Online

Student Psychological Services (SPS) provides confidential, comprehensive, and compassionate counseling services at low cost to qualified students. Services include individual, group, and couples counseling, as well as crisis intervention and emergency psychological services. SPS also offers educational programming, free and confidential group counseling, and a student-friendly online counseling platform.

At LMU, our Jesuit values emphasize the education of the whole person. That includes a commitment to the mental and physical health of our students. The Lion Wellness Hub is a web-based space that connects students with resources related to mental health, physical health, and campus connections (Matter/Thrive) and campus connections (Matter/Thrive) and purpose (Ignatian Heritage).

You've Got This: Lion Wellness Online

This is a confidential space for your questions, concerns, and worries. From mental and physical health to friends and finding new things, learn, and grow. EXP by using the hub to stay connected, navigate life outside the classroom. We want students to create their own Student Experience and maintain a relationship with LMU so that you may support your student fully throughout their tenure at the university. Please do not hesitate to call me with any questions you may have.

Lisha Maddox, Director of Student Success

How Can I Be Helpful?

If you have any questions or concerns, please email us.

Ludo Semeria, Associate Director, Parent and Family Programs

Ludo.Semeria@lmu.edu

Parents and families, change your email address or add a new one to the distribution list. If you’d like to remove your email from the list, please do so. Should you want to continue receiving information from LMU Parent and Family Programs, please opt-in to Parent Pride and campus connections (Matter) and purpose (Ignatian Heritage). We will hear from John Sebastian, Vice President of Mission and Ministry, to learn more.

Parent Pride Online

LMU CARES Online

Visit our website to learn more about LMU CARES and support our students who are struggling.

Virtual Fitness Classes

LIVE Virtual Zoom Group Fitness

In collaboration with the Center of Service and Social Justice, Student Affairs hosts a Justice on Tap series framed around Racial Justice and other social justice issues. The month’s event on Feb. 17 from 6-7:30 p.m. PST will focus on the intersections between Racial Justice and...