



Academy of Paris

Support services in English for students

Updated November 2021 - www.student-support.info

Support services available to all students

<p>Nightline's « Mon Soutien Psy Gratuit » search engine</p> <p>All students in Paris French, English (you can specify other languages when using the tool)</p>	<p>Information resource which shows you available psychological support which you are eligible to, for free and close by where you live/study. Enter your university, the languages you speak, and your address to see a customised list.</p>	<p>https://nightline.fr/en/mon-soutien-psy-gratuit</p>
<p>APASO</p> <p>All students living in Paris</p> <p>French, English, Spanish</p>	<p>APASO runs psychological appointments which are free and confidential.</p> <p>The association's psychologists are able to receive and listen to any students, adapting to their needs. They can offer information and direction towards appropriate services too.</p> <p>Book an appointment over the phone or by email. Appointments primarily on-site but can be remote if needed.</p> <p>Available Monday–Friday with variable times.</p>	<p>01 40 47 55 47</p> <p>etudiants@apaso.fr</p> <p>Paris centres :</p> <p>Maison des Initiatives Étudiantes, 50 rue des Tournelles, Paris 75003</p> <p>Quartier Jeunes, 4 place du Louvre Paris 75001</p> <p>Centre Sarrailh du Crous, 39 avenue George Bernanos, Paris 75005</p> <p>www.apaso.fr</p>
<p>Psy Ile-de-France</p> <p>Anyone with mental health issues, and people close to them (children, teenagers, adults)</p> <p>French, some English</p>	<p>Free phone number available from 11am to 7pm every day. Can give information, advice, support, or redirection to other services.</p> <p>The phone line is staffed by nurses, psychologists and psychiatrists.</p>	<p>01 48 00 48 00</p>

<p>Écoute Étudiants Île-de-France</p> <p>All students in Île-de-France French, and other languages depending on the psychologist</p>	<p>Initiative funded by the Île-de-France region, allowing any student to have three free therapy sessions with a psychologist trained in CBT and competent in dealing with student problems.</p> <p>See the list of available psychologists on the website, on the “Téléconsultation” page.</p> <p>To redeem your three free sessions, you will need to show your student card. The format of the sessions, and the way of booking a session, will depend on the psychologist.</p> <p>The website also contains resources to help you take care of your mental health.</p>	<p>https://ecouteetudiants-iledefrance.fr/</p>
<p>Happsy Lines (Apsytube)</p> <p>Students meeting one of the following criteria:</p> <ul style="list-style-type: none"> - Student at IESEG - Student at l’EFREI - Student at Skema Business School (Paris) <p>French, English, other languages dependent on the psychologist (some Happsy Lines not listed available only in French)</p>	<p>“Happsy Lines” are free one-to-one counselling services with a psychologist via webcam, organised by the Apsytube organisation, for students.</p> <p>Each Happsy Line has its own psychologist, its own opening hours, and its own target audience; whether or not you are eligible to use a Happsy Line depends on who has funded that line. Some of the Happsy Line psychologists speak English; the full list is on the left.</p> <p>Book an appointment online or via email.</p>	<p>More info on Happsy Lines: https://www.apsytude.com/fr/apsytude/nos-actions/happsy-line/</p> <p>Details on individual Happsy Lines: https://www.apsytude.com/fr/ou-sommes-nous/happsy-line/</p> <p>Book an appointment: https://www.apsytude.com/fr/prendre-rendez-vous/ 06 27 86 91 83 rdv.apsytude@gmail.com</p>
<p>Santé Psy Étudiant</p> <p>All students French, and other languages depending on the psychologist</p>	<p>Government-funded initiative allowing any student at a French higher education institution to access three free therapy sessions with a psychologist, repeatable once (so a maximum of six sessions per student). The sessions are free—you don’t have to pay them forward.</p> <p>To access this free support, students must first get a referral letter from a</p>	<p>More information and the list of psychologists : https://santepsy.etudiant.gouv.fr/</p>

doctor/GP (not necessarily from their university health service, they can be private as well).

A list of psychologists participating in the initiative is available on the government website. Each psychologist has provided information about the languages they speak, their contact details, and their remote therapy availability.

BAPUs

Open to all students in Paris, the “Bureaux d’Aide Psychologique Universitaire” usually offer psychoanalytic programmes. You will generally need to take your student card.

BAPU Pascal

Students up until the age of 27

French, English, German, Spanish,
Hebrew

In-person psychological appointments. To enter into the building you will need a health pass.

Book an appointment through the secretary at the following times:

Monday 9am–5pm
Tuesday, Wednesday, Thursday 9am–7pm
Friday 9am–6pm
Saturday 9am–1pm

01 43 31 31 32

bapu.pascal@fsef.net

www.fsef.net/etablissemnts/bapu/paris-bapu

BAPU Claude Bernard

Students between the ages of 20 and 27

French, English

In-person psychological appointments.

Book an appointment between 9am and 4pm.

The psychologists are also able to preventatively call students in a preoccupying situation.

01 43 37 16 16

cmpp@centreclaudebernard.asso.fr

<p>BAPU Luxembourg</p> <p>All students</p> <p>French, English, Spanish, Italian, Romanian</p>	<p>In-person psychological appointments.</p> <p>Book an appointment by contacting the secretary, Monday–Friday from 9:30am to 7:30pm.</p>	<p>01 43 29 65 72</p> <p>bapu.paris@croix-rouge.fr</p> <p>https://www.bapuluxembourg.net</p>
<p>BAPU Créteil</p> <p>All students</p> <p>French, English</p>	<p>In-person psychological appointments.</p> <p>The centre offers appointments to new student patients who are at most 23 years old when they sign up. They must also have recent proof of social security coverage.</p> <p>Opening hours Monday, Wednesday 8am–7pm Tuesday 2pm–6pm Thursday 8am–12pm</p>	<p>01 43 77 37 94</p> <p>http://www.bapu94.com/</p>
<p>Espace psychanalytique d'orientation et de consultation</p> <p>Anyone 20 years or over</p> <p>French, English, German, Spanish, Greek, Italian, Portuguese, Slovakian</p>	<p>Both in-person and remote psychological appointments.</p> <p>In-person pre-booked appointments from Monday to Sunday. Drop-ins without a booking on Wednesdays and Saturdays 2pm–5pm.</p> <p>You can request an appointment by phone or email.</p>	<p>06 84 23 52 89</p> <p>contact@lepoc.org</p>

Services open to specific students

Depending on your higher education institution, or whether you are a medical student.

<p>SUMPPS Sorbonne Université</p> <p>Only for the students of the Sorbonne Université, Université Panthéon Assas, Museum National d'Histoire Naturelle, and the Pôle Supérieur Paris Boulogne Billancourt</p> <p>French, English (for the doctors), Italian, Spanish, Portuguese, Berber, Arabic, Japanese (for the psychologists)</p>	<p>The SUMPPS offers appointments with general practitioners, psychiatrists, psychologists...</p> <p>The times of psychological appointments depend on each psychologist's timetable. You must book an appointment, either by phone or email. In-person and remote appointments are possible.</p> <p>There are specific times when drop-ins without bookings are possible with psychologists.</p> <p>The SUMPPS's website is updated frequently, and specifies the dates and times of psychological drop-ins, as well as times of wellbeing workshops.</p>	<p>Contact : 01 40 51 10 00 sumpps@sorbonne-universite.fr</p> <p>Website : santetudiant.com</p> <p>Instagram : @santetudiantsu</p> <p>If you're coming for an appointment or a meeting, you have to bring your student card (or student IME number, or matriculation number).</p> <p>Psychologist drop-ins without booking: https://santetudiant.com/consultations/accueil-psychologique-sans-rendez-vous/</p> <p>Wellbeing workshops: https://santetudiant.com/bien-etre/</p>
<p>Permanence psychologique ENSAE - Palaiseau</p> <p>Students at ENSAE</p> <p>French, English</p>	<p>The psychologist is available for appointments remotely and in-person. To book an appointment, contact her by email. The meetings happen in French, but if you speak a bit of French, the psychologist can adapt to an English language patient.</p>	<p>catherine.brebant@ensae.fr</p> <p>or</p> <p>psychologue@ensae.fr</p>
<p>Permanence psychologique INSEEC Business School - Paris</p> <p>Students at INSEEC</p> <p>French, English</p>	<p>The psychologist is available for appointments remotely and in-person. To book an appointment, contact her by email. The meetings happen in French, but if you speak a bit of French, the psychologist can adapt to an English language patient.</p>	<p>catherine.brebant@ensae.fr</p>
<p>PPOP de l'Université PSL</p> <p>Étudiant·e·s de l'université PSL et de l'Université Paris-Dauphine PSL</p> <p>Français, anglais, espagnol, russe</p>	<p>The Université PSL's PPOP service is available for all PSL students (including students abroad for an internship) for psychological support in-person (preferable) or remotely.</p>	<p>santeetudiante@psl.eu</p> <p>or</p> <p>07 76 08 63 28</p>

	<p>To get in touch and book an appointment, contact the nurse by phone or email.</p> <p>The appointments take place on PSL's campuses in the 5th (Saint-Jacques) and 16th (Dauphine) arrondissements.</p>	
<p>ENSTA/École Polytechnique</p> <p>For students at the ENSTA (all programmes), and students at the École Polytechnique (Bachelor programme only)</p> <p>French, English</p>	<p>Anne Mortureux, a psychologist, is available for free appointments exclusively for students in the categories listed on the left. Her contact details are available on the school intranet, and her email is indicated on the right.</p> <p>Pre-booked appointments during the week from 9am to 7:30pm, with both in-person and remote possible.</p>	<p>anne.mortureux@ensta.fr</p>
<p>Espace santé SciencesPo Paris</p> <p>Students at SciencesPo Paris</p> <p>French, English</p>	<p>The Sciences Po Health Unit is present on each campus and is composed of general practitioners, nurses, psychologists and psychiatrists.</p> <p>Appointments are in French or English, and are free and confidential.</p> <p>The Health Unit is located at 13 rue de l'université, in the courtyard on the right.</p> <p>The team only takes pre-booked meetings. To book, contact Christelle Deh-Lassoukpo, Health Unit assistant. See contact details on the right.</p> <p>The office is open:</p> <ul style="list-style-type: none"> • Mondays, Tuesdays, Wednesdays, Fridays 9am–1pm and 2pm–4:30pm; • Thursdays 9am–12:30pm and 2pm–4:30pm. 	<p>01 45 49 51 76</p> <p>pole.sante@sciencespo.fr</p> <p>www.sciencespo.fr/student/fr/vivre/sante/pole-sante.html</p>

Happsy Hours (Apsytude)

With English availability: Specific Happsy Hours take place on campus in the following universities, for students attending these universities: LISAA Architecture, Paris School of Economics, LISAA Animation, ISCOM Paris.

French, English, other languages dependent on the psychologist

In some universities, the Apsytude organisation offers “Happsy Hours”: free face-to-face counselling sessions with a psychologist. Sessions focus on helping the student develop solutions to their problems (stress, depression, sleep, self-confidence...). The first appointment can be extended to a multi-session plan. Some universities run the sessions as a drop-in while others require a booked appointment. More information on the Apsytude website.

The opening times, psychologists, and languages available at each Happsy Hour depend on the university. The ones where English is available are listed on the left. More info on the website.

More info on Happsy Hours:

<https://www.apsytude.com/fr/apsytude/nos-actions/happsy-hours/>

Map of all Happsy Hours, dates and times:

<https://www.apsytude.com/fr/ou-sommes-nous/happsy-hours/>

Book an appointment :

<https://www.apsytude.com/fr/prendre-rendez-vous/>

06 27 86 91 83

rdv.apsytude@gmail.com

Services by student organisations

Nightline Paris

All students

Nightline’s phone and instant messenger listening service is open each week from Thursday to Monday from 9pm to 2:30am.

The service is run by anonymous student volunteers, for students. It’s anonymous, confidential, non-judgemental and non-directive, and calls cost the standard network rate. The volunteers can provide you with a listening ear, and information if you need it.

nightline-paris.fr

01 88 32 12 33

CMP

The Centres Médico-Psychologiques, to which you are attached depending on where you live (sector), are often able to offer support, see below. To find your CMP, see this page for [Paris](#) [document in French].