



# Academy of Créteil

**Support services in English for students**

Updated November 2021 - [www.student-support.info](http://www.student-support.info)

# Support services available to all students

<p><b>Plateforme du Crous Créteil (Pros-Consulte)</b></p> <p><b>All students from Academy of Créteil</b></p> <p>French, English</p>	<p>Counselling line with psychologists available 24 hours a day, 7 days a week,</p> <p>Online chat available on their website.</p>	<p><b>0 800 730 550</b></p> <p><a href="http://www.pros-consulte.com">www.pros-consulte.com</a></p>
<p><b>BAPU Créteil</b></p> <p><b>Tous-tes les étudiant-e-s</b></p> <p>French, English</p>	<p>In-person appointments preferred.</p> <p>The center offers therapy to new students who are 23 years of age or younger, and who have a recent social security certificate.</p> <p>Opening hours</p> <p>Monday and Wednesday from 8:00 am to 7:00 pm</p> <p>Tuesday from 2:00 pm to 6:00 pm</p> <p>and Thursday from 8am to 12pm.</p>	<p><b>01 43 77 37 94</b></p> <p><a href="http://www.bapu94.com/">http://www.bapu94.com/</a></p>
<p><b>BAPU Pascal</b></p> <p><b>All students</b></p> <p>French, English, German, Spanish, Hebrew</p>	<p>In-person appointments preferred</p> <p>Make an appointment on :</p> <p>Monday, from 9am to 5pm</p> <p>Tuesday, Wednesday, Thursday, from 9am to 7pm</p> <p>Friday, from 9am to 6pm</p>	<p><b>01 43 31 31 32</b></p> <p><a href="mailto:bapu.pascal@fsef.net">bapu.pascal@fsef.net</a></p>

	Saturday, from 9am to 1pm	
<b>BAPU Claude Bernard</b>  <b>Students 20 to 27 years old</b>  French, English	In-person appointments preferred  Make an appointment on :  Monday to Wednesday, from 9am to 4pm	<b>01 43 37 16 16</b>
<b>BAPU Luxembourg</b>  <b>All students</b>  French, English, Spanish, Italian, Romanian	In-person appointments preferred  Make an appointment on :  Monday to Wednesday, from 9.30 am to 7.30 pm	<b>bapu.paris@croix-rouge.fr</b>
<b>Santé Psy Étudiant</b>  <b>All students</b> French, and other languages depending on the psychologist	<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 doctor/GP (not necessarily from their university health service, they can be private as well).</p> <p>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.</p>	<b>More information and the list of psychologists :</b> <a href="https://santepsy.etudiant.gouv.fr/">https://santepsy.etudiant.gouv.fr/</a>

<p><b>Service de Santé universitaire de l'Université Paris Est Créteil</b></p> <p>Tous-tes les étudiant-e-s et personnel de l'université de l'UPEC</p> <p>French, English</p>	<p>Psychological therapy in visio-consultation or on site.</p> <p>Appointments can be made on Doctolib.fr.</p> <p>It is also possible to make appointment by email and ask questions before the appointment</p> <p>Please be aware that it takes 1 or 2 months for a first consultation.</p>	<p><a href="mailto:rdv-psychologue-etudiants@u-pec.fr">rdv-psychologue-etudiants@u-pec.fr</a></p> <p><a href="mailto:herve.jami@u-pec.fr">herve.jami@u-pec.fr</a></p> <p><a href="mailto:guisnel@u-pec.fr">guisnel@u-pec.fr</a></p> <p>Doctolib:  <a href="https://www.doctolib.fr/etablissement-de-prevention/creteil/service-de-sante-universitaire-ssu-upec">https://www.doctolib.fr/etablissement-de-prevention/creteil/service-de-sante-universitaire-ssu-upec</a></p>
<p><b>Happsy Lines (Apsytube)</b></p> <p>Students meeting one of the following criteria:</p> <ul style="list-style-type: none"> <li>- IESEG</li> <li>- EFREI Paris</li> <li>- Skema Business School (Paris)</li> </ul> <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:  <a href="https://www.apsytude.com/fr/apsytude/nos-actions/happsy-line/">https://www.apsytude.com/fr/apsytude/nos-actions/happsy-line/</a></p> <p>Details on individual Happsy Lines:  <a href="https://www.apsytude.com/fr/ou-sommes-nous/happsy-line/">https://www.apsytude.com/fr/ou-sommes-nous/happsy-line/</a></p> <p>Book an appointment:  <a href="https://www.apsytude.com/fr/prendre-rendez-vous/">https://www.apsytude.com/fr/prendre-rendez-vous/</a>  06 27 86 91 83  <a href="mailto:rdv.apsytude@gmail.com">rdv.apsytude@gmail.com</a></p>
<p><b>Happsy Hours (Apsytube)</b></p> <p>With English availability: Specific Happsy Hours take place on campus in the following universities, for students attending these universities: EFREI Paris, HETIC.</p> <p>French, English, other languages dependent on the psychologist</p>	<p>In some universities, the Apsytube 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 Apsytube website.</p> <p>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.</p>	<p>More info on Happsy Hours:  <a href="https://www.apsytude.com/fr/apsytude/nos-actions/happsy-hours/">https://www.apsytude.com/fr/apsytude/nos-actions/happsy-hours/</a></p> <p>Map of all Happsy Hours, dates and times:  <a href="https://www.apsytude.com/fr/ou-sommes-nous/happsy-hours/">https://www.apsytude.com/fr/ou-sommes-nous/happsy-hours/</a></p> <p>Book an appointment :  <a href="https://www.apsytude.com/fr/prendre-rendez-vous/">https://www.apsytude.com/fr/prendre-rendez-vous/</a>  06 27 86 91 83  <a href="mailto:rdv.apsytude@gmail.com">rdv.apsytude@gmail.com</a></p>

