



Academy of Dijon

Support services in English for students

Updated November 21 - www.student-support.info

Support services available to all students

<p>Santé Psy Étudiant</p> <p>All students</p> <p>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 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>	<p>More information and the list of psychologists : https://santepsy.etudiant.gouv.fr/</p>
<p>Point d'Accueil et d'Écoute Jeune (PAEJ) of Nièvre</p> <p>For young people aged between 11 to 30 years old living in Nevers</p> <p>French, English</p>	<p>Open on Monday to Friday at 9:00 am. to 12:30pm. and in the afternoon at 2:00 pm. to 5pm..</p> <p>Opt for an appointment rather than going directly to their office. You can contact the manager by phone, mail or even on their social media.</p> <p>If you are not able to reach them, you can leave a voice mail including in it your contact information, so they can call you back.</p>	<p>03 86 71 64 66</p> <p>07 49 08 58 08</p> <p>paej58@orange.fr</p> <p>paej58@jeunes_bfc.fr</p> <p>Facebook page : https://www.facebook.com/jennifer.paejnievre/</p> <p>Instagram : Jennifer PAEJ Nièvre</p> <p>Address: Bureau d'information des jeunes de</p>

The PAEJ of Nièvre offers guidance and professional listening. If desired, you can meet a health professional.

la nièvre La boussole 5 allée
de la louée 58000 Nevers

Support services specific to some students

Depending on your higher education institution or student residence

Centre de prévention et de santé universitaire of the université de Bourgogne

All students of the University of Burgundy

French, English

Open on Monday to Thursday at 8:30 am. to 5 pm. and on Friday at 8:30 am. to 4 pm.

The Service santé universitaire (SSU) offers assistance and psychological support with the help of health workers as psychologists or psychiatrists.

Necessary documents : carte vitale, health insurance certificate.

Please visit their website for more information for students from abroad.

SSU dijon : 03 80 39 51 53

SSU IUT dijon : 03 80 39 64 08

SSU auxerre : 03 86- 49 28 16

SSU Le creusot/chalon sur Saône : 03 85 73 10 12

SSU Nevers : 03 86 71 61 89

medecine-preventive@u-bourgogne.fr

Website : <https://ub-link.u-bourgogne.fr/mon-quotidien/me-soigner-2/accompagnement-et-soutien-psychologique/accompagnement-et-soutien-psychologique.html>

Happsy Lines (Apsytube)

Students meeting one of the following criteria:

- students studying in any institution of the Bourgogne-Franche-Comté region

French, English, other languages dependent on the psychologist (some Happsy

“Happsy Lines” are free one-to-one counselling services with a psychologist via webcam, organised by the Apsytube organisation, for students.

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.

More info on Happsy Lines:

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

Details on individual Happsy Lines:

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

Book an appointment:

<p>Lines not listed available only in French)</p>	<p>Some of the Happs Line psychologists speak English; the full list is on the left.</p> <p>Book an appointment online or via email.</p> <p>The Happs Lines interviews are offered by the Crous Bourgogne-Franche-Comté on September 2021 to June 2022.</p>	<p>https://www.apsytude.com/fr/prendre-rendez-vous/ 06 27 86 91 83 rdv.apsytude@gmail.com</p>
<p>Happs Hours (Apsytude)</p> <p>With English availability: Specific Happs Hours take place at the Crous Bourgogne-Franche-Comté, for all students in the region</p> <p>French, English, other languages dependent on the psychologist</p>	<p>In some universities, the Apsytude organisation offers “Happs 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.</p> <p>The opening times, psychologists, and languages available at each Happs 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 Happs Hours: https://www.apsytude.com/fr/apsytude/nos-actions/happs-hours/</p> <p>Map of all Happs Hours, dates and times: https://www.apsytude.com/fr/ou-sommes-nous/happy-hours/</p> <p>Book an appointment : https://www.apsytude.com/fr/prendre-rendez-vous/ 06 27 86 91 83 rdv.apsytude@gmail.com</p>
<p>Espace santé Science Po Dijon</p> <p>Students of Dijon</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>Consultations take place in Mr. Bitschene's office (1st floor).</p> <p>Psychology (no appointment necessary):</p> <p>Doctor Olivier Shu, psychologist.</p> <p>Opening hours: Tuesdays from 4:45 to 6:45 pm and Thursdays from 6 to 8 pm.</p>	<p>pole.sante@sciencespo.fr</p> <p>www.sciencespo.fr/students/fr/vivre/sante/pole-sante.html</p>