



# Academy of Grenoble

**Support services in english for students**

Updated 13/11/20 - [www.student-support.info](http://www.student-support.info)

<p><b>Apsytude</b></p> <p><b>All students</b></p> <p>French, English</p>	<p>The Happy Line (teleconsultation) and Happsy Hours (physical appointment, now transformed into remote ones as well) remain open.</p>	<p><a href="#">Make an appointment</a></p> <p>Tel : +33 6 27 86 91 83</p> <p><a href="mailto:rdv.apsytude@gmail.com">rdv.apsytude@gmail.com</a></p> <p><a href="http://apsytude.com">apsytude.com</a></p>
<p><b>HELPS</b></p> <p><b>Any student in health studies</b></p> <p>French, English</p>	<p>Active listening contact platform by medicine and psychology students (<i>externes</i> and <i>internes</i>). After the first listening, possibility to redirect to partner psychiatrists or psychologists (liberal or from the CHU) and/or to another psychological support platform. Contact them by facebook or email, 24 hours a day; contact by phone during the day.</p>	<p>Facebook (Hector Helps)</p> <p>ou</p> <p><a href="mailto:helps.grenoble@gmail.com">helps.grenoble@gmail.com</a></p> <p><a href="https://helpsgrenoble.wordpress.com">https://helpsgrenoble.wordpress.com</a></p>
<p><b>Les psys du coeur</b></p> <p><b>Open to anyone</b></p> <p>French, English</p>	<p>Phone calls with a psychologist.</p> <p>Open from Monday to Friday, 9 to 6</p>	<p>Tel : +33 7.63.47.42.14</p> <p><a href="https://www.psysducoeur.fr/grenoble-2/">https://www.psysducoeur.fr/grenoble-2/</a></p>
<p><b>Observatoire des discriminations et des territoires interculturels (ODTI) - Observatory for discriminations and intercultural territories</b></p> <p><b>Open to anyone</b></p> <p>French, Arabic, English</p>	<p>Call to set up in-person appointments, as well as phone ones.</p> <p>Open Monday - Thursday, from 9 to 12 and 2 to 6. Friday, 9 to 1.</p>	<p>Tel : +33 4 76 42 60 45</p> <p>Résidence Nordine Hadj Amar, 7 Place Edmond Arnaud 38 000 Grenoble</p>

# CMP (Centres for Medicine and Psychiatry)

CMPs are public health services located throughout the territory. Wherever you live, there should be one linked to the area. They offer psychological support. You can browse the list of all CMPs to find the one you should visit (they can only treat the people who live in their area). If you live in Sud-Isère, please refer to [this list](#). Otherwise, you can find the list of CMPs [here](#).

If you live near Grenoble, it is advised that you check for a referral with your GP.

Note that CMPs should be able to contact translators in order to help you communicate with them in English or another language if possible.