



Academy of Besançon

Support services in English for students

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Support services available to all students

Santé Psy Étudiant

All students

French, and other languages depending on the psychologist

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.

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).

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.

More information and the list of psychologists :

<https://santepsy.etudiant.gouv.fr/>

Happsy Lines (Apsytude)

All students studying in the Région Bourgogne-Franche-Comté

French, English, other languages dependent on the psychologist (some Happsy Lines not listed available only in French)

“Happsy Lines” are free one-to-one counselling services with a psychologist via webcam, organised by the Apsytude 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. Some of the Happsy Line psychologists speak English; the full list is on the left.

Book an appointment online or via email.

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:

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

06 27 86 91 83

rdv.apsytude@gmail.com

<p>Happsy Hours (Apsyture)</p> <p>With English availability: Happsy Hours take place at the CROUS in Besançon, and are open to all students studying in the region. French, English, other languages dependent on the psychologist</p>	<p>In some universities, the Apsyture 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 Apsyture 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: https://www.apsytude.com/fr/apsytude/nos-action/s/happsy-hours/</p> <p>Map of all Happsy Hours, dates and times: https://www.apsytude.com/fr/ou-sommes-nous/happsy-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>SUMPPS de l'Université Franche-Comté</p> <p>For all students from the university of Franche-Comté</p>	<p><u>At Besançon</u> : phone consultation from Monday to Friday, from 10.am to 4.pm without interruption.</p> <p><u>At Belfort</u></p> <p>On site consultation Tuesday from 8.30 .am to 4.pm without interruption.</p> <p><u>at Montbéliard</u> : On site consultation from Monday from 2pm to 4.pm and Thursday from 8 am to 5 pm without interruption.</p>	<p>Besançon: sumpps@univ-fcomte.fr</p> <p>Belfort and Montbéliard: sumpps-belfort@univ-fcomte.fr</p> <p>and</p> <p>sumpps-montbeliard@univ-fcomte.fr</p>

CMP

Centres Médico-Psychologiques (Medical and Psychological Centers) are mental health institutions located throughout every region. Their goal is to offer a first exchange if you need to speak to someone. You can call to make an appointment with a nurse who will listen to you, before redirecting you towards a psychiatrist or psychologist if need be. To find the CMP you should visit, consult the directory found [here](#).

<p>CMP Montarmots</p> <p>Adults from 18 to 65 years old North of Besançon (Palente, Montrapon, les Orchamps, Saint-Claude, la Bouloie, Battant and Tilleroyes)</p> <p>French, English, Portuguese and possibility to hire a translator</p>	<p>Open from 9.am to 5.pm, from monday to friday. Attention waiting times for psychological follow-ups</p>	<p>03 81 25 43 34</p>
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