



# Academy of Nantes

**Support services in English for students**

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

# 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/>

# Support services specific to some students

Depending on your higher education institution or student residence

<p><b>The social service of the University of Nantes (SUMPPS)</b></p> <p><b>Students of the University of Nantes.</b></p> <p>French, English</p>	<p>Open on Monday to Friday at 8:30 am. to 5:00 pm.</p> <p>The schedule can change depending on the office, visit the website for more information.</p> <p>Interviews with social assistants in case of any struggle, whatever it is (personal, psychological, family or financial issue etc.). They will support and guide you through every step to find solutions, throughout your studies. And they will also help you get the specific care you will need.</p> <p>For any medical consultations, you have to make an appointment.</p> <p>Necessary documents : student card and carte vitale if possible.</p>	<p><b>SUMPPS contact :</b>  <b>02 40 37 10 99</b>  <a href="mailto:social.sumpps@univ-nantes.fr">social.sumpps@univ-nantes.fr</a>  <b>University of Nantes website :</b>  <a href="https://www.univ-nantes.fr/sepanouir-sur-les-campus/sante-social/le-service-social-des-etudiants">https://www.univ-nantes.fr/sepanouir-sur-les-campus/sante-social/le-service-social-des-etudiants</a></p> <p><b>Crous contact :</b>  <b>02 40 37 13 39</b>  <a href="mailto:service-social@crous-nantes.fr">service-social@crous-nantes.fr</a>  <b>Crous website :</b>  <a href="https://www.crous-nantes.fr/aides-sociales/">https://www.crous-nantes.fr/aides-sociales/</a></p>
<p><b>Service de Santé aux étudiants (SSE) of the University of Nantes</b></p> <p><b>Students of the University of Nantes.</b></p> <p>French, English</p>	<p>During the health crisis, the students of the University of Nantes can benefit from 3 free psychologist consultations.</p> <p><b>Only on March 12th 2021 to December 31th 2021.</b></p> <p>If you ever feel mentally not well, or need to talk to someone, do not hesitate to reach out to the SSE or to your usual doctor.</p> <p>By presenting your student card or any equivalent document, you will be guided towards psychological support via the Santé Psy Etudiant plan.</p> <p>Visit their website for more information about the process and the different locations depending on your campus, or call them to book an appointment.</p>	<p><b>2 40 37 10 50</b>  <b>02 40 37 10 69</b>  <a href="mailto:univ-nantes.contactsante.fr">univ-nantes.contactsante.fr</a></p> <p><b>Website :</b>  <a href="https://www.univ-nantes.fr/sepanouir-sur-les-campus/sante-social/dispositif-daide-sante-psy-etudiant">https://www.univ-nantes.fr/sepanouir-sur-les-campus/sante-social/dispositif-daide-sante-psy-etudiant</a></p>
<p><b>SUMPPS of the université d'Angers</b></p> <p><b>Students of the University of Angers</b></p> <p>French, English</p>	<p>Open on Monday to Friday at 8:45 am. to 5:45 pm..</p> <p>Only by appointment, contact them by phone or mail.</p>	<p><b>02 41 22 69 10</b></p> <p><a href="mailto:secretariat.ssu@contact.univ-angers.fr">secretariat.ssu@contact.univ-angers.fr</a></p>

	<p>At first, a doctor or a nurse will listen to you and analyze your needs. Together, you will do an assessment and they will guide you, if needed, to a professional or a more adapted structure depending on your situation.</p>	
<p><b>Centre de Santé Médico-Psycho-Social of the university of Le Mans</b></p> <p><b>Students of the campus of Le Mans and Laval</b></p> <p>French, English</p>	<p>Schedule of the campus le Mans : Open on Monday to Friday at 8:30 am. to 5:00 pm. (the secretary's office is closed on Friday afternoon)</p> <p>Schedule of the campus Laval : Monday and Tuesday at 8:30 am. to 5 pm. Wednesday and Friday at 8:30 am. to 12:00 pm.</p> <p>Medical consultations are only on appointment, so do not hesitate to contact them to make an appointment.</p> <p>A multidisciplinary team is at your service to take care of your health in its globality (medico-psycho-social).</p> <p>At first, a doctor or a nurse will listen and analyze your needs. Together, you will do an assessment and they will guide you, if needed, to a professional or a more adapted structure depending on your situation.</p> <p>Visit their website for more information.</p>	<p><b>02 43 83 39 20</b></p> <p><a href="mailto:sec-medecine@univ-lemans.fr">sec-medecine@univ-lemans.fr</a></p> <p><b>Campus le Mans address :</b> Bd Charles Nicolle (près de la cité universitaire Vaurouzé - Annexe du SUAPS)</p> <p><b>Campus Laval address :</b> Rue des Docteurs Calmette et Guérin (face à l'IUT, à gauche du bâtiment Génie Biologie)</p> <p><b>Website :</b> <a href="http://www.univ-lemans.fr/fr/campus-moi/centre-de-sante.html">http://www.univ-lemans.fr/fr/campus-moi/centre-de-sante.html</a></p>
<p><b>Happsy Lines (Apsytube)</b></p> <p><b>Students of the ENSA Nantes (September 2021 to June 2022), or the Oniris (September 2021 to May 2022).</b> <b>Also resident students in Nexity Studéa (September 2021 to April 2022), plus those staying in the student residency La Nantaise d'Habitations (October 2021 to May 2022) .</b></p> <p>French, English, other languages dependent on the psychologist (some Happsy</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><b>More info on Happsy Lines:</b> <a href="https://www.apsytude.com/fr/apsytude/nos-actions/happy-line/">https://www.apsytude.com/fr/apsytude/nos-actions/happy-line/</a></p> <p><b>Details on individual Happsy Lines:</b> <a href="https://www.apsytude.com/fr/ou-sommes-nous/happy-line/">https://www.apsytude.com/fr/ou-sommes-nous/happy-line/</a></p> <p><b>Book an appointment:</b> <a href="https://www.apsytude.com/fr/prendre-rendez-vous/">https://www.apsytude.com/fr/prendre-rendez-vous/</a> <b>06 27 86 91 83</b> <a href="mailto:rdv.apsytude@gmail.com">rdv.apsytude@gmail.com</a></p>

<p>Lines not listed available only in French)</p>		
<p><b>Happsy Hours (Apsyttude)</b></p> <p><b>With English availability: Specific Happsy Hours take place on campus in the following universities, for students attending these universities: the ENSA Nantes (September 2021 to June 2022), Oniris Chantrerie and the Oniris Géraudière (September 2021 to May 2022)</b></p> <p>French, English, other languages dependent on the psychologist</p>	<p>In some universities, the Apsyttude 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 Apsyttude 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><b>More info on Happsy Hours:</b>  <a href="https://www.apsytude.com/fr/apsytude/nos-actions/happy-hours/">https://www.apsytude.com/fr/apsytude/nos-actions/happy-hours/</a></p> <p><b>Map of all Happsy Hours, dates and times:</b>  <a href="https://www.apsytude.com/fr/ou-sommes-nous/happy-hours/">https://www.apsytude.com/fr/ou-sommes-nous/happy-hours/</a></p> <p><b>Book an appointment :</b>  <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>