STAYING HEALTHY IS A PRIORITY. THE SHS CAN HELP YOU!

SHS - STUDENT HEALTH SERVICE

NO THERAPEUTIC CARE

- Preventive health examination for the student community
- Academic accommodations related to a disability
- Medical certificates (sports, training courses...)
- Vaccinations

WELLBEING

- Psychological support
- Listening and nursing care
- Diet advice
- Fight against addictive practices
- Collective actions for prevention and health promotion

NON-THERAPEUTIC PREVENTIVE MEDICAL CONSULTATION

- For a health check-up at the beginning of or during the university course of study
- Upon convocation or upon request of the student and by appointment online

MANDATORY FOR STUDENTS

- Internationals from a non-European country upon arrival
- In health care before hospital placements
- Exposed to specific risks during their studies
- In a situation of disability*
  * You can ask for the adaptation of your course or your exams (assistance, organisation, etc.).

DETECTION AND ORIENTATION MEDICAL CONSULTATION

- At the initiative of the student and by appointment online
- No therapeutic care
- Screening and treatment of Sexually Transmitted Diseases (STD)
- Gynaecology consultation
- Verification and updating of vaccinations*
  * Medical certificates of no contraindication to the practice of sports (except boxing, diving, parachuting), aptitude for living in a group, vaccination certificates, aptitude for training courses... according to availability
  * An up-to-date vaccination certificate is mandatory for students following a medical or paramedical course and also concerns internships abroad

INTERVIEW WITH A PSYCHOLOGIST

- On request and by appointment online
- The number of sessions varies according to individual needs
- In certain cases, or if there is a need for further follow-up, you are redirected to the appropriate professionals
- Duration of approximately 45 minutes

MENTAL HEALTH, ANXIETY, SLEEP DISORDERS, LACK OF CONFIDENCE...

- On request and by appointment online
- The number of sessions varies according to individual needs
- In certain cases, or if there is a need for further follow-up, you are redirected to the appropriate professionals
- Duration of approximately 45 minutes

NUTRITIONAL SUPPORT

- On request and by appointment online
- Weight problems
- Nutritional assessment
- Food rebalancing
- Eating disorders
- Cholesterol problems, diabetes
- Sports regimes
- Advice and support

PREVENTIVE NURSING INTERVIEW AND NURSING CARE ON PRESCRIPTION

- With or without appointment
- Advice and guidance
- Vaccination on prescription
- Visual test

PREVENTION CAMPAIGNS

- Every month, actions to understand, debate and act...
- mental health
- sexual health
- addictions
- party risks...

THE TEAM

Nurses, prevention doctors, psychologists, dieticians, tobacco specialists, prevention officers, etc.
HOW TO MAKE AN APPOINTMENT?

Make an appointment at the SHS Health Centre of your component.
Online: www.universite-paris-saclay.fr/vie-de-campus/sante-et-bien-etre
Or by Email to the address of the health centre of your establishment.

WHERE TO MEET US?

- **Monnet Faculty (Law, Economics, Management) – Sceaux**
  Building B - Door B012
  Phone : 01 40 91 17 12 • Email : infirmerie.jean-monnet@universite-paris-saclay.fr

- **Faculty of Medicine - Le Kremlin - Bièvres**
  Level 4 - Office 459-461
  Phone : 01 49 59 67 62 • Email : infirmerie.medecine@universite-paris-saclay.fr

- **Faculty of Pharmacy and Polytech Saclay - Orsay Plateau**
  Building 640 (PUIO) - Wing D - Office D 109
  6 rue sophie germain 91400 ORSAY
  Phone : 01 69 15 46 64 • Email : infirmerie.pharmacie@universite-paris-saclay.fr

- **Faculty of Sciences of Orsay, Faculty of Sport Sciences Orsay Vallée**
  Building : 336
  Secretary : 01 69 15 65 39 • Infrmary : 01 69 15 76 07
  Phone : sante-etudiants@universite-paris-saclay.fr

- **IUT de Cachan**
  Building B - RDC - Office 012
  Phone : 01 41 24 11 09
  Email : infirmerie.iut.cachan@universite-paris-saclay.fr

- **IUT d'Orsay**
  Building E - Office 005
  Phone : 01 69 33 60 28
  Email : infirmerie.iut-orsay@universite-paris-saclay.fr

- **IUT de Sceaux**
  Level 3 - Office 324
  Phone : 01 40 91 24 01
  Email : infirmerie.iut-sceaux@universite-paris-saclay.fr

- **AgroParisTech**
  Campus Palaiseau - Bâtiment B, 1er étage, bureau B1.21 et B1.23
  Phone infirmary : 01 89 10 03 31
  Email : infirmerie@agroparistech.fr

Don’t wait until you feel unwell before asking for help!