

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

SHS - STUDENT HEALTH SERVICE

NO THERAPEUTIC CARE

WELLBEING

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

WELLNESS

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



NON-THERAPEUTIC PREVENTIVE MEDICAL CONSULTATION

WELL BEING

- > 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

WELL BEING

- > 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



ADDICTOLOGY CONSULTATION

WELLNESS

- > On request and by appointment online
- > Advice and assistance in quitting smoking
- > Medical hypnotherapy (face-to-face only)
- > Prescription of nicotine substitutes
- > Young consumers consultations (fight against addictive behaviours : alcohol, drugs, screens, games, etc)



INTERVIEW WITH A PSYCHOLOGIST

WELLNESS

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

WELLNESS

- > 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

WELLNESS

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



PREVENTION CAMPAIGNS

WELLNESS

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.



FOR ALL CONFIDENTIAL NO ADVANCE PAYMENT

BY APPOINTMENT ONLINE IN FRENCH OR ENGLISH

UPON PRESENTATION OF YOUR STUDENT CARD

Addictions

Refusal of care

Disability

Uneasiness

State of health

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

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 ?

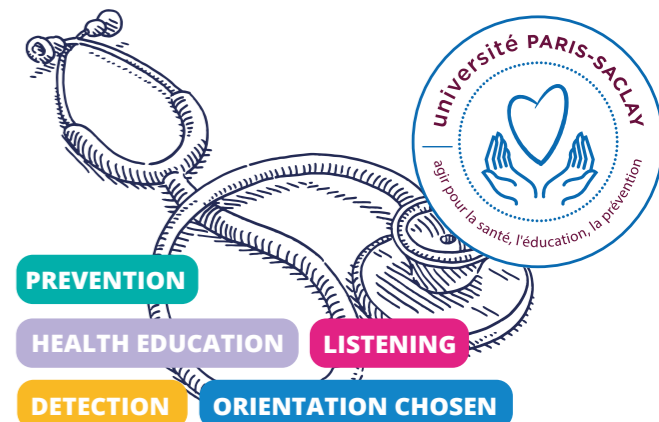
- > **Monnet Faculty (Law, Economics, Management) - Sceaux**
Building B - Door B012
Phone : 01 40 91 17 12 • Email : infirmierie.jean-monnet@universite-paris-saclay.fr
- > **Faculty of Medicine - Le Kremlin - Bicêtre**
Level 4 - Office 459-461
Phone : 01 49 59 67 62 • Email : infirmierie.medecine@universite-paris-saclay.fr
- > **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 : infirmierie.pharmacie@universite-paris-saclay.fr
- > **Faculty of Sciences of Orsay, Faculty of Sport Sciences Orsay Vallée**
Building 336
Secretary : 01 69 15 65 39 • Infirmary : 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 : infirmierie.iut-cachan@universite-paris-saclay.fr
- > **IUT d'Orsay**
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- > **IUT de Sceaux**
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- > **AgroParisTech**
Campus Palaiseau - Bâtiment B , 1er étage,
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More information on

universite-paris-saclay.fr/vie-decampus/sante-et-bien-etre

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