



SHS STUDENT HEALTH SERVICE

université
PARIS-SACLAY

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 !**

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





WELL BEING

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.).

WELL BEING



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

WELLNESS



ADDICTOLOGY CONSULTATION

- > 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)



WELLNESS

INTERVIEW WITH A PSYCHOLOGIST

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

WELLNESS



NUTRITIONAL SUPPORT

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

WELLNESS



PREVENTIVE NURSING INTERVIEW AND NURSING CARE ON PRESCRIPTION

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

WELLNESS



PREVENTION CAMPAIGNS

Every month, actions to understand, debate and act...

mental health **sexual health** **addictions**
party risks...

THE TEAM

Nurses, prevention doctors, psychologists,
dietitians, 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 : 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**
Building E - Office 005
Phone : 01 69 33 60 28
Email : infirmierie.iut-orsay@universite-paris-saclay.fr
- > **IUT de Sceaux**
Level 3 - Office 324
Phone : 01 40 91 24 01
Email : infirmierie.iut-sceaux@universite-paris-saclay.fr
- > **AGROPARISTECH**
Palaiseau - Office B1.23 et B 1.21
Email : sante-prevention-etu@agroparistech.fr



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More information on

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

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