SHS
STUDENT HEALTH SERVICE

université PARIS-SACLAY
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
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

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)
> 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
- Weight problems
- Nutritional assessment
- Food rebalancing

**NUTRITIONAL SUPPORT**

- 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 - Bicêtre**
  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 • 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: 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**
  Palaiseau - Office B1.23 et B 1.21
  Email: sante-prévention-etu@agroparistech.fr

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