SHS
STUDENT
HEALTH
SERVICE
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
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)
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

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.
Make an appointment at the SHS Health Centre of your component.
**Online:** [www.universite-paris-saclay.fr/vie-de-campus/sante-et-bien-etre](http://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 8012
  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**
  Campus Palaiseau - Bâtiment B , 1er étage, bureau B1.21 et B1.23
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