

# PSYCHOLOGICAL SUPPORT BY THE STUDENT HEALTH SERVICE (SSU)



## YOUR HEALTH IS A RESOURCE IN YOUR DAILY LIFE. WE HELP YOU TO PRESERVE IT!

The University Health Service (SSU) welcomes you **without advance payment** (on presentation of your student card) and in **complete confidentiality** during the academic year within the different establishments of the University of Paris-Saclay.

## LISTENING, SUPPORT, PREVENTION

Do you have a question about your mental health, do you want to talk about sleep problems, are you going through a period of anxiety, are you sad, do you feel the need to talk about your anxieties, your worries about your university career, etc.?

**Any reason for consultation deserves to be heard.**

**Come and meet with a psychologist by appointment, in a one-to-one interview,** to help you carry out your studies in the best possible psychological conditions, whatever your level or place of study. The SSU psychologists welcome you and help you overcome your difficulties and answer your questions.

## HOW DOES IT WORK ?

The psychological support offered by the SSU welcomes any student who requests it. It is a **free and voluntary process** for the student. Confidentiality is guaranteed. The content of the sessions and the identity of the patients remain confidential, except in cases of imminent danger. The number of sessions varies according to individual needs. **A few consultations are sometimes enough to resolve a particular issue,** but if you need a longer follow-up, you will be redirected to a professional corresponding to your needs.

Consultations last approximately 45 minutes and can be conducted in **French or English** (the language is to be specified in the request).



## CONTACT US :

- Directly by mail to a psychologist of the service:
  - [valerie.choukroun@universite-paris-saclay.fr](mailto:valerie.choukroun@universite-paris-saclay.fr)
  - [aurelie.faberes@universite-paris-saclay.fr](mailto:aurelie.faberes@universite-paris-saclay.fr)
  - [mathias.rio@universite-paris-saclay.fr](mailto:mathias.rio@universite-paris-saclay.fr)
- Through your **school's health service** by e-mail or telephone
- By writing to [sante-etudiants@universite-paris-saclay.fr](mailto:sante-etudiants@universite-paris-saclay.fr)

The places and days of intervention vary according to the psychologist. You will find all the information in the table opposite :

PLACES OF INTERVENTION	DAYS	PSYCHOLOGIST
IUT of Cachan (Cachan)	Monday	Valérie Choukroun
UFR of Pharmacy (Orsay Plateau)	Thursday	Valérie Choukroun
UFR of Medicine (Kremlin-Bicêtre)	Wednesday some Thursdays	Aurélié Fabères
UFR of Sciences (Orsay Vallée)	Monday to Friday (except Thursday afternoon)	Mathias Rio
IUT of Orsay (Orsay Plateau)	Wednesday mornings Thursday afternoons	Mathias Rio Valérie Choukroun
UFR Law-Economy-Management (Sceaux)	Tuesday some Thursdays	Aurélié Fabères
IUT of Sceaux (Sceaux)	Tuesday	Valérie Choukroun

# OUTSIDE THE OPENING HOURS OR PERIODS OF THE SSU

## IN CASE OF EMERGENCY (24/7) :

- **Emergency medical services in France (Samu) :** 15
- **Fire-fighters :** 18
- **Psychiatric emergency (CPOA) Saint-Anne Hospital (Paris) :** 01 45 65 81 09 ou 01 45 65 81 10
- **European emergency number :** 112
- **Emergency number for the deaf and hard of hearing :** 114

## HELP SERVICES PROVIDED BY HEALTH PROFESSIONALS :

- **Psy Ile de France line** (7 days a week, 11am to 7pm) : 01 48 00 48 00
- **National suicide prevention helpline** (24/7) : 31 14
- **Guidance and study project centre :** [accueil.oip@universite-paris-saclay.fr](mailto:accueil.oip@universite-paris-saclay.fr)
- **Harassment Watch and listening unit** at the University of Paris-Saclay: [harcelements@universite-paris-saclay.fr](mailto:harcelements@universite-paris-saclay.fr)


## STUDENT HOTLINE :

- **Nightline Saclay** (from 9pm to 2h30 am): Night listening service for students and by student volunteers of the University of Paris Saclay! Anonymous, free, confidential, without judgment.

This can be done by telephone or by chat.

- French listening line: 01 85 40 20 10
- English listening line: 01 85 40 20 00
- chat: <https://www.nightline.fr/saclay>



- More information on : <https://www.universite-paris-saclay.fr/consultation-avec-une-psychologue>
- You can find all our prevention actions on our website : <https://www.universite-paris-saclay.fr/vie-decampus/sante-et-bien-etre>
- Follow our news on Instagram : @SSU\_UPSACLAY 

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