

WE ARE HERE TO HELP

If you encounter difficulties during your Ph.D don't stay alone, we can provide assistance.

université
PARIS-SACLAY



FOR Ph.D RELATED ISSUES & CONFLICTS

Ph.D representatives

rep-doc-edstic@universite-paris-saclay.fr

Your CSI Members, Your laboratory director

Doctoral school director

dir-poleXstic@universite-paris-saclay.fr where X=A, B, C

Psychosocial Risk Prevention for Ph.D. students

laetitia.pereira@universite-paris-saclay.fr

DISCRIMINATION/HARASSMENT/SEXIST AND SEXUAL VIOLENCES

Your CSI Members

Doctoral school director

dir-poleXstic@universite-paris-saclay.fr where X=A, B, C

DALIDA (Univ. anonymous online incident report)

<https://www.universite-paris-saclay.fr/en/dalida-incident-report-unit>

Psychosocial Risk Prevention for Ph.D. students

laetitia.pereira@universite-paris-saclay.fr

FOR HEALTH ISSUES

Student health services

sse.contact@universite-paris-saclay.fr

service.medical452@universite-paris-saclay.fr

<https://www.universite-paris-saclay.fr/le-service-de-sante-des-doctorantes>

MonSoutienPsy (12 FREE appointments)

EMERGENCIES (7j/7 - 24h/24)

SAMU : 15, Firefighters : 18

Suicide prevention : 3114

Nightline Saclay : 01 85 40 20 10 (French)

01 85 40 20 00 (English)

Psychiatric Support Center (CPOA) : 01 45 65 81 09

ADMINISTRATIVE ISSUES

Doctoral school assistant

secr-poleXstic@universite-paris-saclay.fr where X=A, B, C

Human resources

doctorant.drh@universite-paris-saclay.fr

International Matters

contact@science-accueil.org

international.welcomedesk@universite-paris-saclay.fr

ENJOY your Ph.D. experience

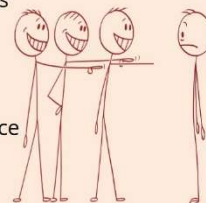
It's an healthy environment when :

- You are treated with **kindness**
- Your **ideas and decisions are respected**
- You receive **constructive feedback** on your work that helps you improve it
- You are **given opportunities** to develop your skills and self-confidence
- Your **career development** is supported
- You are allowed a **good work-life balance**



TALK ABOUT IT. It's violence when:

- You are assigned to "gender-based" tasks
- Your skills are underestimated
- You are treated condescendingly
- Your ideas are made invisible
- Your skills are publicly belittled
- You are judged based on your appearance
- You occasionally receive openly sexist comments or inappropriate terms
- You are isolated from your colleagues
- You are asked questions on your intimate life
- Sexual rumors are spread about you



ASK FOR HELP. You are in danger when:

- Sexist jokes are told all day long
- You are told sexual stories that make you uncomfortable
- You receive insulting or hurtful public comments with sexual connotations
- You are exposed to sexually explicit material
- You are threatened with retaliation if you report violent behavior
- You receive unwanted intimate advances
- You are offered career advantages in exchange for intimate relations
- You suffer negative consequences for refusing sexual advances



CAMPUS LIFE

@ www.universite-paris-saclay.fr/en

(health, handicap, international, social help, housing, sports, activities, etc.)

université
PARIS-SACLAY

ÉCOLE DOCTORALE
Sciences et technologies
de l'information et de
la communication (STIC)

université
PARIS-SACLAY

LA MAISON
DU DOCTORAT

With the collaboration of Ph.D representatives