

# 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

### University Mediation

catherine.dubernet@universite-paris-saclay.fr  
sandra.charreire-petit@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

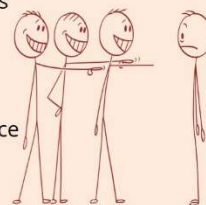
It's an healthy environment when :

- 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](http://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