



PSYCHOLOGICAL SUPPORT SERVICES IN FRANCE

MAIN PSYCHOLOGICAL SERVICES

SANTE PSY ETUDIANT

Up to 12 free sessions, in person or online, without the need for a medical referral

<https://santepsy.etudiant.gouv.fr>

Eligibility: students with French health insurance (attestation or carte vitale)



UNIVERSITY PSYCHOLOGICAL ASSISTANCE OFFICES - BUREAUX D'AIDE PSYCHOLOGIQUE UNIVERSITAIRE - BAPU

Free psychological consultations available in several major cities in France

<https://www.etudiant.gouv.fr/fr/c-est-quoi-un-bureau-d-aide-psychologique-universitaire-bapu-2324>

Eligibility: free for students with French health insurance (attestation or carte vitale)



STUDENT HEALTH SERVICES - SERVICES DE SANTE ÉTUDIANTE - SSE

Provide general healthcare as well as prevention, diagnosis, and medical or psychological follow-up. List of SSE centers:

<https://www.etudiant.gouv.fr/sites/default/files/2022-09/liste-des-services-de-sant-universitaires-6568.pdf>

Eligibility: free for students



APSYTUDE - Association of psychologists for students

Individual consultations and workshops focused on students' mental health and well-being <https://apsytude.com/fr/>.

Anonymous self-assessment tests on stress, sleep, and lifestyle:

<https://apsytude.com/fr/se-tester/>

Eligibility: check conditions on the website



CNAE - Centre National d'Accueil et d'Écoute

A helpline for listening, support, and reporting situations of violence, harassment, or discrimination.

- Call 3040 – Free and confidential
Opening hours: Monday to Friday from 10 a.m. to 9 p.m. / Saturday from 10 a.m. to 2 p.m.
- 3040@enseignementsup.gouv.fr

<https://www.etudiant.gouv.fr/fr/cnae>



NOTES

NIGHTLINE

A confidential listening service available from 9:00 p.m. to 2:30 a.m.

<https://www.nightline.fr/en>

-Directory of psychological support services

<https://www.nightline.fr/en/soutien-etudiant>

-Life Kit – Prevention and self-support tool

<https://www.nightline.fr/en/first-aid-kit>

Eligibility: free



OTHER LISTENING AND SUPPORT RESOURCES

YOUTH HEALTH CENTERS - ESPACES SANTE JEUNES

Provide psychological, social and medical support.

Find centers by region: <https://www.cartosantejeunes.org/?CartoSante>

Eligibility: free for young people aged 11 to 25



24/7 HELPLINES

– SOS Help : English-speaking listening service every day

from 3:00 p.m. to 11:00 p.m. <https://soshelpline.org>

– SOS Amitié : Anonymous, free listening by phone or via chat

from 1:00 a.m. to 3:00 p.m.

<https://www.sosamitie.org/besoin-aide/chat>

Complete directory of listening services:

<https://www.nightline.fr/services-decoute-pour-lensemble-des-etudiantes-en-france>

Eligibility: free or local call rate; target audiences vary by service



IN CASE OF EMERGENCY

Hospital emergency services provide immediate care in case of psychological crisis or distress.

Eligibility: free with French health insurance (attestation or carte vitale).

NATIONAL SUICIDE PREVENTION NUMBER

3114– A free, confidential listening service available 24/7, dedicated to suicide prevention

Eligibility: free and accessible to everyone



Whatever your situation is, do not stay alone. Support services exist for you.

NOTES
