

MENTAL HEALTH

WHO CAN HELP YOU ?





There are several support services available to help you :

SANTÉ PSY ÉTUDIANTS

- **For all students** in recognized higher education institutions
- You can indicate the language spoken when booking
- Up to **12 sessions fully covered** per academic year (no upfront payment)



Appointments with partner psychologists.

Find a psychologist : <https://santepsy.etudiant.gouv.fr/trouver-un-psychologue>

MON SOUTIEN PSY

- **For everyone**, including non-students
- Languages spoken are listed on psychologists' profiles
- Up to **12 sessions fully covered per year**



Appointments with partner psychologists.

Find a psychologist : <https://monsoutienpsy.ameli.fr/recherche-psychologue>

MENTAL HEALTH CRISIS SUPPORT LINES



3114
Free national hotline
(French only)



<https://3114.fr/>



+33 1 46 21 46 46
Soshelpline
(English-speaking support)



<https://soshelpline.org/>