



Toulouse

Psychological well-being Without advance payment !

Student Health Service : called Simpps on your campuses

Consultations and follow-up with psychologists, consultations with a psychiatrist, nursing consultations.

To make an appointment at the Simpps :

- ▶ UT1 Center : 05 61 63 37 25 / 05 61 63 37 49
- ▶ UT2J Center : 05 61 50 41 41 / 05 61 50 38 61
- ▶ UPS Center : 05 61 55 73 67 / 05 61 55 73 59

At the Simpps, you can also consult a general practitioner, a nurse, a psychologist, a social worker, etc., : Monday to Friday from 8:30 a.m. to 5 p.m

Santé Psy Etudiants (jusqu'au 31/12/22) or Psy Health Students (until 12/31/22)

Free psychological consultations for all students.

To benefit from this device, contact a doctor or call Simpps (▶ Simpps numbers above).

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

MonPsy / My Psychologist

Access to psychological support for all. To benefit from this device, contact a doctor (8 consultations reimbursed)

▶ <https://monpsy.sante.gouv.fr/>

CROUS listening and support hotline

Make an appointment with Prism association ▶ 05 61 55 41 70 ▶ prism1@free.fr

NIGHTLINE

A phone listening service or nocturnal chat for the student community and by volunteer students between 9 p.m. and 2:30 a.m. (closed during summer)

▶ 05 82 95 10 11 ▶ <https://www.nightline.fr/toulouse>

Saint-Sernin medical-psychological center /Centre médico-psychologique Saint-Sernin

Center care for students requiring psychiatric or psychological care

▶ 05 61 21 00 24 ▶ 4, rue Gatien Arnoult -Toulouse

Youth center / Maisons des Ados – (Up to 21 years old)

Listening, evaluation, support and orientation - Workshops and themed meetings

▶ 05 34 46 37 64 ▶ 6, rue Pierre-Paul Riquet - Toulouse (Métro François Verdier)

Les PAEJ – Reception and Listening Point for Young People (Up to 25 years old)

Psycho-social support.

Free, without any condition, confidential and free access, by appointment

Several points in Toulouse ► <https://www.mltoulouse.org/paej-point-accueil-ecoute-jeunes/>

Espace Ecoute Jeunes (Listening area for young people)

Generalist service of information, reflection and psychological help for all young people

► 05 62 26 78 79

SPS telephonic platform / Plateforme téléphonique SPS

A free system of help and psychological support. Telephone listening 24/7

► 08 05 23 23 36

Cellule d'orientation médico-psychologique - Medico-psychological orientation unit

In case of traumatic events of less than 10 months

► 05 67 69 16 03 ► Monday to Friday - 9 a.m. to 6 p.m

France Victim 31 Association /Association France Victime 31

Comprehensive and multidisciplinary care for victims of harassment and violence (reception, information on rights, psychological assistance, social support and referral to specialized services)

► Maison des Associations - 3 place Guy Hersant -Toulouse ► 05 62 30 09 82 ► contact@francevictimes31.fr

In case of psychiatric emergency

► Call 15 and ask for the psychiatric regulation nurse

Other offers contributing to well-being

- **Crous Yummi activities**

Program of activities (sports, arts, etc.) unlimited and free

► More informations on <https://www.crous-toulouse.fr/actualite/yummy/>

Etucare

A digital program to take care of your mental health when you are a student!
Fast and effective



Resources

MEDICAL EMERGENCY / SAMU ► 112 ou 15 (free call)

Wellness and mental health resource site:

► STUDENT SUPPORT: <https://www.soutien-etudiant.info/>

► PSYCOM : <https://www.psycom.org/>

► APSYTUDE (tests, advices, etc.) : <http://www.apsytude.com/fr/se-tester/>

► Dites JE SUIS LA : <https://www.ditesjesuisla.fr/>

► JEPEUXENPARLER.FR

► ViaPsy : Ressources de proximité : <https://viapsy.fr/recherche-critere-accompagnement-sante-mentale>
Search by "student" criteria

National Suicide Prevention Number 24/7 : [31 14](tel:3114)