



# Academy of Lyon

Support services in English for students

Updated 08/10/21 - [www.student-support.info](http://www.student-support.info)

# Support services available to all students

<p><b>Nightline Lyon</b></p> <p>All students</p>	<p>Nightline's phone and instant messenger listening service is open each week from Thursday to Monday from 9pm to 2:30am.</p> <p>The service is run by anonymous student volunteers, for students. It's anonymous, confidential, non-judgemental and non-directive, and calls cost the standard network rate. The volunteers can provide you with a listening ear, and information if you need it.</p>	<p>04 85 30 00 20</p> <p><a href="https://www.nightline.fr/en/lyon">https://www.nightline.fr/en/lyon</a></p>
<p><b>Centre Psychanalytique de Consultations et de Traitement</b></p> <p>Open to everyone French, English, and German (For the first appointment)</p> <p>French only (For longer-term therapy)</p>	<p>The CPCT provides free screening appointments with a psychologist in English, but the therapy that can be prescribed after the screening is only available in French.</p> <p>Open Monday to Thursday, 10am–12noon and 2pm–5pm.</p>	<p>Book an appointment: 04 78 96 10 56</p> <p>Address: 84 rue de Marseille 69007 Lyon</p> <p><a href="http://cpct-lyon.fr/">http://cpct-lyon.fr/</a></p>
<p><b>CPS : The Suicide Prevention Centre</b></p> <p>Open to everyone French, English; possibility of requesting the services of an interpreter</p>	<p>Open Monday to Friday, 9am–5pm.</p> <p>For anyone in suicidal crisis, or anyone grieving the death of a loved one by suicide.</p> <p>First contact by phone or email to arrange a first evaluation of the patient's needs. After this, an appointment on site can be suggested, as well as phone check-ups or a home intervention.</p>	<p>04 37 91 51 20</p> <p><a href="mailto:cps@ch-le-vinatier.fr">cps@ch-le-vinatier.fr</a></p>

<p><b>Maison des adolescents Villefranche sur Saône</b></p> <p><b>Anyone between 11 and 21 years old</b> French, English; possibility of requesting the services of an interpreter</p>	<p>Telephone support available Mondays, Tuesdays and Thursdays from 2pm to 6pm; Wednesdays from 2pm to 7pm; Fridays 2pm to 4pm.</p> <p>Appointments bookable over phone, email, or on site. A first exchange with an educator or a nurse will determine whether redirection to a psychologist is necessary. Possibility of setting up regular meetings.</p> <p>In-person support is preferable but the format can be made remote upon request.</p>	<p><b>04 74 60 59 00</b></p> <p><a href="mailto:contact@mda-villefranche.fr">contact@mda-villefranche.fr</a></p>
<p><b>Santé Psy Étudiant</b></p> <p><b>All students</b> French, and other languages depending on the psychologist</p>	<p>Government-funded initiative allowing any student at a French higher education institution to access three free therapy sessions with a psychologist, repeatable once (so a maximum of six sessions per student). The sessions are free—you don't have to pay them forward.</p> <p>To access this free support, students must first get a referral letter from a GP (not necessarily from their university health service, they can be private as well).</p> <p>A list of psychologists participating in the initiative is available on the government website. Each psychologist has provided information about the languages they speak, their contact details, and their remote therapy availability.</p>	<p><b>More information and the list of psychologists :</b> <a href="https://santepsy.etudiant.gov.fr/">https://santepsy.etudiant.gov.fr/</a></p>

# Support services specific to some students

Depending on your higher education institution or student residence

<p><b>Lyon 1 University Health Service (SSU)</b></p> <p>For all Lyon 1 students and students of the SSU's partner universities:</p> <ul style="list-style-type: none"> <li>- ENSAL</li> <li>- Beaux-Arts de Lyon</li> <li>- ENTPE</li> </ul> <p>French and English</p>	<p>Open Monday–Friday from 8am to 12noon and from 2pm to 5pm. A doctor or a nurse is available to answer questions.</p> <p>Depending on the reason for your call, appointments can be offered with a health professional (nurse, doctor, psychologist). In-person appointments preferred but remote possible upon request.</p> <p>More information on the SSU website or on social media: <a href="http://ssu.lyon1">ssu.lyon1</a>.</p>	<p><b>04 27 46 57 57</b></p> <p>For any question unrelated to your state of health: <a href="mailto:ssu@univ-lyon1.fr">ssu@univ-lyon1.fr</a></p>
<p><b>Lyon 2 University Health Service (SSU)</b></p> <p>For all Lyon 2 and Sciences Po students</p>	<p>The SSU organises free appointments with a psychologist. Book appointments over the phone, by email or on-site.</p> <p>The SSU is open from Monday to Friday, 8:30am–5:30pm, in-person and remotely.</p> <p>Students should bring a valid student card and a Carte Vitale or proof of CPAM coverage.</p>	<p><a href="mailto:ssu@univ-lyon2.fr">ssu@univ-lyon2.fr</a> <b>04 78 77 43 10</b></p> <p>Campus Porte des Alpes Bâtiment L5, avenue Pierre Mendès-France PdA 69500 BRON</p> <p><a href="https://www.univ-lyon2.fr/campus/ssu">https://www.univ-lyon2.fr/campus/ssu</a></p>
<p><b>Lyon 3 University Preventive Health Service (SUMPPS)</b></p> <p>For all Lyon 3 students French, English, and Greek (potentially other languages depending on the psychologist)</p>	<p>The SUMPPS has on-site psychologists that can offer therapy sessions.</p> <p>Book an appointment on-site or over the phone but <b>not</b> by email.</p> <p>Open Monday–Thursday 8:45am–12:30pm and 1:30pm–5:15pm; Friday 8:45am–12:20pm.</p> <p>In-person appointments preferred but phone appointments possible (e.g. for students studying abroad).</p>	<p><b>04 78 78 79 83</b></p> <p>Manufacture des Tabacs Espace rue Sud Bât. EG - RDC</p> <p>More information: <a href="https://www.univ-lyon3.fr/sante">https://www.univ-lyon3.fr/sante</a></p>
<p><b>BAL Pôle Santé UCLy</b></p> <p>For students at the Université Catholique de Lyon French and English</p>	<p>Laure Mayoud, the health centre's psychologist, is available for free and confidential appointments. She can speak English.</p>	<p><a href="mailto:point.ecoute@univ-catholique-lyon.fr">point.ecoute@univ-catholique-lyon.fr</a></p> <p><b>04 72 32 51 72</b></p>

	<p>Book by email or by phone ; appointments are preferably in-person in office C201, but can be done over the phone.</p> <p>The UCLy health centre also has a GP, a nurse...</p>	
<p><b>ECAM LaSalle Mental Health Service</b></p> <p><b>For all ECAM LaSalle students</b> French and English</p>	<p>The SAEP service is open on Wednesdays and Thursdays from 10am to 7pm, and on Fridays from 10am to 5:30pm.</p> <p>Free appointments are available with one psychologist and one intern psychologist. You can talk about any issue.</p> <p>More information and booking possible by email. An appointment is usually available the week after you make contact.</p>	<p><a href="mailto:saep@ecam.fr">saep@ecam.fr</a></p> <p><a href="https://www.ecam.fr/campus/vie-pratique/couverture-sociale/">https://www.ecam.fr/campus/vie-pratique/couverture-sociale/</a></p>
<p><b>Centrale Lyon</b></p> <p><b>For all Centrale Lyon students</b> French and English</p>	<p>The school infirmary is open Monday–Thursday 7:30am-3:30pm and Friday 8:30am-2:30pm. Book ahead if you can (by phone or email), but in an emergency, a drop-in is possible.</p> <p>The university has partnered with Corentin Cartier, a psychologist based in Ecully. An appointment with the nurse can lead to a referral to the psychologist. In-person is preferred but remote appointments are possible.</p> <p>For first year students, ask Catherine Giraud about support groups starting on 21st October. For second-years and above, various workshops are also organised.</p>	<p><b>06 72 15 74 78</b></p> <p><a href="mailto:catherine.giraud@ec-lyon.fr">catherine.giraud@ec-lyon.fr</a></p> <p>Plaquette infirmerie : <a href="https://www.ec-lyon.fr/sites/default/files/espace_sante-2021-2022.pdf">https://www.ec-lyon.fr/sites/default/files/espace_sante-2021-2022.pdf</a></p>

<p><b>Jean Monnet Saint-Étienne University Preventative Health Service</b></p> <p><b>For all UJM students, including joint degree students, as well as students from universities having signed an agreement with the MPU, such as nursing schools in the Loire</b> French, English, Greek</p>	<p>The MPU is open from Monday to Friday, 8am–12noon and 1pm–6pm. Pavlina POLITI-LAMPROU, one of the psychologists, speaks English.</p> <p>Appointments can be booked with the MPU by phone or on-site. You can also contact the psychologists directly by email to arrange an appointment.</p> <p>Preferably in-person but remote appointments possible. Bring your student card.</p> <p>Pavlina POLITI-LAMRPOU is at the Roanne campus on Tuesdays.</p>	<p><b>Contact the MPU:</b> 04 69 66 11 00 Maison de l'Université, 1st floor</p> <p>Pavlina POLITI-LAMPROU <a href="mailto:pavlina.politi.lamprou@univ-st-etienne.fr">pavlina.politi.lamprou@univ-st-etienne.fr</a></p> <p><b>More contacts:</b> <a href="https://www.univ-st-etienne.fr/fr/mpu/organisation.html">https://www.univ-st-etienne.fr/fr/mpu/organisation.html</a></p>
<p><b>ENS Lyon Preventative Health Service</b></p> <p><b>ENS Lyon students and staff</b> French and English</p>	<p>The service accepts all ENS students (including doctoral students) and staff. They can offer a listening ear, psychological support, and information/redirection to other services, and they respect medical privacy.</p> <p>Psychological appointments can be booked through the nurses at the email address on the right. They take place at the Descartes site infirmary.</p> <p>Open from 8am to 5pm.</p>	<p><a href="mailto:service.medical@ens-lyon.fr">service.medical@ens-lyon.fr</a></p> <p><a href="http://www.ens-lyon.fr/campus/en-pratique/sante-et-hadicap">http://www.ens-lyon.fr/campus/en-pratique/sante-et-hadicap</a></p> <p>Descartes site Infirmary:</p> <p>D2 building ground floor <i>(at the end of the corridor, just before the gymnasium and the changing rooms)</i></p>
<p><b>Happsy Lines (Apsytube)</b></p> <p><b>Students at the following universities:</b></p> <ul style="list-style-type: none"> <li>- École Émile Cohl</li> <li>- Sciences Po Lyon (Saint-Étienne campus)</li> <li>- ENSSIB</li> <li>- Skema Business School</li> </ul> <p>French, English, other languages dependent on the psychologist (some Happsy Lines not listed available only in French)</p>	<p>“Happsy Lines” are free one-to-one counselling services with a psychologist via webcam, organised by the Apsytube organisation, for students.</p> <p>Each Happsy Line has its own psychologist, its own opening hours, and its own target audience; whether or not you are eligible to use a Happsy Line depends on who has funded that line. Some of the Happsy Line psychologists speak English; the full list is on the left.</p> <p>Book an appointment online or via email.</p>	<p><b>More info on Happsy Lines:</b> <a href="https://www.apsytude.com/fr/apsytude/nos-actions/happsy-line/">https://www.apsytude.com/fr/apsytude/nos-actions/happsy-line/</a></p> <p><b>Details on individual Happsy Lines in the region:</b> <a href="https://www.apsytude.com/fr/non-classe/happsy-line-sud-est/">https://www.apsytude.com/fr/non-classe/happsy-line-sud-est/</a></p> <p><b>Book an appointment:</b> <a href="https://www.apsytude.com/fr/prendre-rendez-vous/">https://www.apsytude.com/fr/prendre-rendez-vous/</a> 06 27 86 91 83 <a href="mailto:rdv.apsytude@gmail.com">rdv.apsytude@gmail.com</a></p>

<p><b>Happsy Hours (Apsytude)</b></p> <p>One Happsy Hour is open to all students in Lyon, but the psychologists only speak French.</p> <p>With English availability: Specific Happsy Hours take place on campus in the following universities, for students attending these universities: VetAgro Sup, ENSAL, Ecole Emile Cohl, SEPR (CFAI/lycée), Ecole Rockefeller, Sciences Po Lyon, ENSATT, EPP Lyon, Lycée du Parc, ENSBA, OCELLIA. French, English, other languages dependent on the psychologist</p>	<p>In some universities, the Apsytude organisation offers “Happsy Hours”: free face-to-face counselling sessions with a psychologist. Sessions focus on helping the student develop solutions to their problems (stress, depression, sleep, self-confidence...). The first appointment can be extended to a multi-session plan. Some universities run the sessions as a drop-in while others require a booked appointment. More information on the Apsytude website.</p> <p>The opening times, psychologists, and languages available at each Happsy Hour depend on the university. The ones where English is available are listed on the left. More info on the website.</p>	<p>More info on Happsy Hours: <a href="https://www.apsytude.com/fr/apsytude/nos-actions/happsy-hours/">https://www.apsytude.com/fr/apsytude/nos-actions/happsy-hours/</a></p> <p>Map of all Happsy Hours, dates and times: <a href="https://www.apsytude.com/fr/ou-sommes-nous/happsy-hours/">https://www.apsytude.com/fr/ou-sommes-nous/happsy-hours/</a></p> <p>Book an appointment : <a href="https://www.apsytude.com/fr/prendre-rendez-vous/">https://www.apsytude.com/fr/prendre-rendez-vous/</a> 06 27 86 91 83 <a href="mailto:rdv.apsytude@gmail.com">rdv.apsytude@gmail.com</a></p>
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## CMP

**The Centres Médico-Psychologiques, to which you are attached depending on your place of residence (sector), are often able to offer support, see below.**

<p><b>CMP Bron</b></p> <p>Students who live in Bron French, English, possibility of requesting services from an interpreter</p>	<p>Follow up consultations with professionals. Mainly phone consultations. Open from 9am to 12am and from 1.30pm from 5pm Monday to Friday.</p>	<p>04 78 26 83 74</p>
<p><b>LIVE Phone Service</b></p> <p>Mainly for people around the Vinatier Hospital French and English</p>	<p>Phone line offering information and redirection on mental health topics, run by the Vinatier Hospital.</p> <p>Calls cost the standard network rate and the line is open from 8am to 8pm every day. You can call about any mental health topic and receive information.</p> <p><i>Warning: this service does not offer psychological support, just redirection to an appropriate service.</i></p>	<p>08 05 05 05 69</p> <p><a href="https://www.lyon.fr/node/495313">https://www.lyon.fr/node/495313</a></p>