



# Academy of Toulouse

Support services in English for students

Updated October 2021 - [www.student-support.info](http://www.student-support.info)

<p><b>Nightline Toulouse</b></p> <p><b>All students</b> French, English</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>05 82 95 12 11</p> <p><a href="https://nightline.fr/en/toulouse">https://nightline.fr/en/toulouse</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 doctor/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.gouv.fr/">https://santepsy.etudiant.gouv.fr/</a></p>
<p><b>PRISM - the psychological support service of the CROUS de Toulouse</b></p> <p><b>All students</b> French, English, Spanish</p>	<p>For all students.</p> <p>Free appointments with a psychologist are possible through the PRISM association, and can take place over the phone, in the PRISM office (boulevard de la Marquette), as well as in certain CROUS residences.</p> <p>To get their first appointment, the student has to contact the secretary’s office directly. Once the contact is established, the psychologists can be contacted directly at: Sabine RAJANIKANTH : 06 41 91 39 48</p>	<p><b>Secretary’s office:</b></p> <p>05 61 55 41 70 <a href="mailto:prism1@free.fr">prism1@free.fr</a></p> <p><a href="https://www.prism1.fr/le-pole-accueil-medico-psychologique/">https://www.prism1.fr/le-pole-accueil-medico-psychologique/</a></p>

	<p>Jérôme QUERCIA : 07 84 75 67 33</p> <p>Don't hesitate to leave a message. The secretary's office for PRISm is open 9am–12:30pm and 2pm–5pm.</p>	
<p><b>SIMPPS de l'université fédérale Toulouse Midi-Pyrénées</b></p> <p><b>For all students at the Université Fédérale Toulouse Midi-Pyrénées</b> French, English</p>	<p>The SIMPPS is the primary health contact for all students at the university. The services offered there are confidential and entirely free.</p> <p>With an appointment, students can get access to a health checkup, an evaluation with a nurse, as well as appointments with specialised doctors (psychiatrist/psychologist, nutritionist, tobaccologist), a social service, vaccinations, and study arrangements for disabilities. The centre also organises prevention and information events around sexual health, nutrition, physical activity, stress, and addictions.</p> <p><b>Phone and office open Monday–Friday, 8:30am–5pm.</b></p>	<p><b>Campus Capitole :</b> 2, rue du doyen Gabriel-Marty 31 000 Toulouse Tél.: 05 61 63 37 25</p> <p><b>Campus Jean Jaurès :</b> 5, allées Antonio-Machado 31 100 Toulouse Tél.: 05 61 50 41 41 Accueil infirmier : 05 61 50 38 61</p> <p><b>Campus Paul Sabatier : 133, route de Narbonne 31 062 Toulouse</b> Tél.: 05 61 55 73 67 Accueil infirmier : 05 61 55 73 59</p> <p><a href="https://welcomedesk.univ-toulouse.fr/vie-quotidienne/sante-social/service-interuniversitaire-medecine-preventive-promotion-sante">https://welcomedesk.univ-toulouse.fr/vie-quotidienne/sante-social/service-interuniversitaire-medecine-preventive-promotion-sante</a></p>