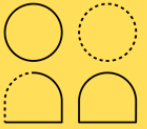




MENTAL HEALTH – REFERRAL AND CARE – FOR IP PARIS STUDENTS



Objective : Enable each IP Paris student to quickly identify the care resources available for mental health and HDVSS on the Palaiseau campus and nearby.



1. IN CASE OF IMMEDIATE EMERGENCY

Priority order for calls :

1.  **Call 15 (SAMU / SAS Psy)**
 - **Why** : This is the medical regulation service. A doctor assesses the situation and initiates immediate referral (Ambulance, SMUR or Firefighters).
 - **The plus** : Direct access to the **Service d'Accès aux Soins (SAS Psy)** to find a private-practice psychiatrist.
2.  **Call 31 14 (Suicide Prevention)**
 - **Why** : If the student is in distress but medical intervention has not yet been triggered. Professional listening and risk assessment.

The care pathway (The order of the places) :

- **STEP A : General Emergency Department (Orsay / Saclay Hospital)**
 - This is the mandatory entry point. The student is examined there by an on-call psychiatrist.
- **STEP B : Psychiatric Hospital (Le Grand Mesnil)**
 - Admission is **only** possible after transfer from the general emergency department or via 15. You do not go there directly.



Important note : This is the safest, fastest and least expensive pathway (100% covered).



2. IN CASE OF DISTRESS, NEED TO TALK OR TO BE FOLLOWED UP

(Non-urgent but important)

IP Paris psychological support system

IP Paris Psychologists

🎓 FOR PHD STUDENTS

📍 IP Paris Health Center : **Ms Aurélie Faberes**
Consultations : Tuesday – Wednesday – Thursday

📍 Office 0A254 – Télécom Paris : **Mr Antoine Mousty**
Consultations : Thursday – Friday

✉️ APPOINTMENTS : psychologues@ip-paris.fr

🎓 FOR MASTER & PHD TRACK STUDENTS

Contact the educational school of attachment :

- École Polytechnique : psychologie@polytechnique.fr
- ENSTA : anne.mortureux@ensta-paris.fr
- ENSAE : psychologue@ensae.fr
- Télécom Paris : psy.eleves@telecom-paris.fr
- Télécom SudParis : audrey.gallineau@imbts-tsp.eu

🌙 Nightline listening line

Free, anonymous and confidential listening and guidance service, provided by trained volunteer students. In French and English.

- 📞 **01 85 40 20 10**
- 🇫🇷 **French** : 7 days a week – from **21h to 2h30**
- 🇬🇧 **English** : From Thursday to Monday – from **21h to 2h30**
- 🌐 **Website** : nightline.fr/saclay (Online chat available)



3. EXTERNAL PSYCHOLOGICAL AND PSYCHIATRIC FOLLOW-UP SERVICES

💡 "MonSoutienPsy" scheme (National)

Coverage of sessions with a partner psychologist.

- **The advantage** : Up to **12 sessions per calendar year** fully reimbursed.
- **Simplification** : **Direct** access (no need to go through a general practitioner to obtain a prescription anymore).

- **How to do it ?** Choose a contracted practitioner from the official directory : monsoutienpsy.sante.gouv.fr.

(MonSoutienPsy does not allow you to obtain a medical prescription)

BAPU – University Psychological Support Offices

Specialized centers offering multidisciplinary follow-up (Care and Social).

- **The team** : Psychiatrists, psychologists, psychoanalysts and social workers.
- **The cost** : Consultations and follow-up covered 100% by Health Insurance (with no upfront payment in most cases).

Addresses near the campus :

- **BAPU Cachan** : 4, rue Raspail, 94230 Cachan |  01 46 65 62 22
- **BAPU Luxembourg** : 44, rue Henri Barbusse, 75005 Paris |  01 43 29 65 72
- **BAPU Pascal** : 30, rue Pascal, 75005 Paris |  01 43 31 31 32

 **Conditions** : Be a student and have an up-to-date Social Security entitlement certificate.

Cnaé – National Coordination for Student Support

Psychological and social support platform (Ministry of Higher Education).

-  **3040** (Free and anonymous call).
-  **Mail** : cnae@enseignementsup.gouv.fr
- **Hours** : Mon-Fri (10am-9pm) | Sat (10am-2pm).
- **Missions** : Support provided by psychologists and social workers.
- **Reporting** : Preferred entry point for situations involving Sexist and Sexual Violence (VSS), harassment or discrimination. (Operated by the association En Avant Toutes).

4. MEDICAL AND PSYCHIATRIC CONSULTATIONS NEAR THE CAMPUS

Psychiatry (Private & Public Sector)

- **Dr Sophie Guenon (Palaiseau)** : 01 60 14 23 28. Local reference psychiatrist. Note : Very much in demand, anticipate the appointment several weeks in advance.
- **CMP de Palaiseau (Centre Médico-Psychologique)** : 01 69 31 15 50.
For free psychiatric follow-up (public sector).

Attention : Reserved for Palaiseau residents and requires patience for the first appointment. Significant waiting times.

Multidisciplinary Health Centers (Saclay)

- **IP Paris Health Center** : First point of contact on the IP Paris campus for an assessment and, if necessary, drafting of a referral letter to a specialist or a clinic.
- **Centre de Santé du Moulon (Gif-sur-Yvette)** : Located nearby (École Centrale district). Brings together general practitioners and specialists. Convenient for students living in this part of the plateau.
- **Cabinet Médical de Lozère** : Accessible via the RER B. Often more availability for quick general medical consultations.

"Emergency" Solutions (Appointments within 24h-48h)

- **SNP 91 (Soins Non Programmés)** : 01 64 98 16 17. For a quick medical consultation (fever, pain, occasional anxiety) if Dr Saada or 15 (SAS) is unavailable.
- **Teleconsultation Booths** : Present in certain pharmacies on the plateau (Pharmacie du Moulon, etc.). Allows you to see a doctor by video immediately for a simple prescription or referral.
- **Doctolib/Qare** (anticipate the psychiatric appointment, waiting times in Essonne are long).

Use with the filters : Psychiatrist + Sector 1 + Language (English).

==> Language barrier : If no English-speaking practitioner is available, the student can request the use of a medical interpreting platform (e.g.: Intermède, paid service).

Centre de Santé de l'Hôpital Américain (Local branch) : Check the agreements.

Some doctors on the plateau are listed for their English proficiency (to be checked on Doctolib with the "Languages spoken" filter).

5. REPORTING - HARASSMENT / DISCRIMINATION / SEXIST AND SEXUAL VIOLENCE (HDVSS)

IP Paris and member schools system

Each member school and the IP Paris Graduate School have a reporting platform for HDVSS incidents and trained contacts for listening and reporting.

- **Listening and reporting platforms accessible 24/7** :

Graduate School : ip-paris.signalement.net

Ecole polytechnique : <https://polytechnique.signalement.net>

ENSTA : <https://ensta-paris.signalement.net/submission>

ENPC : safe@enpc.fr or [ENPC - Home page](#)

ENSAE : <https://ensae.signalement.net>

Télécom Paris : <https://imt.signalement.net>

Télécom SudParis : <https://imt.signalement.net>

Guarantees : Secure, anonymity possible, handled by a dedicated listening unit.

- **HDVSS contacts** : Consult your school's intranet to contact a local contact.

Cnaé – National Support (External & Independent)

If you wish to speak to a structure outside the Institute.

- 📞 **3040 (Free and anonymous call).**
- ✉ **Mail** : cnae@enseignementsup.gouv.fr
- **Hours** : Mon-Fri (10am-9pm) | Sat (10am-2pm).
- **The plus** : Operated by the association **En Avant Toutes**, expert in gender equality and violence.

Specialized support (Partner associations)

- **France Victimes** : 116 006 (National victim support number, 7 days a week).
- **Collectif Féministe Contre le Viol (CFCV)** : 0 800 05 95 95 (Viols Femmes Informations).



6. REFERRAL PATHWAY – HOW TO DECIDE ?

- **Public Sector (100% Free)** : For emergencies and accessible follow-up (**Grand Mesnil, CMP, BAPU**). Ideal if you do not have supplementary health insurance.
- **Contracted Sector / Student Health** : Clinique Dupré (Sceaux) – Fondation Santé des Étudiants de France 🏥

Status : Private healthcare institution of collective interest (ESPIC). **Contracted rates (Sector 1).**

Specificity : Absolute reference for the **Care-Studies** system. It allows you to receive psychiatric care while continuing your university studies.

The "Plus" : Unlike the traditional public sector, it is exclusively specialized in supporting high school and student

For any scheduled psychiatric hospitalization in a clinic (for follow-up care), a medical prescription + referral letter are required.



*This letter can be written by your psychiatrist or by the **Doctor from the IP Paris Health Center** following a referral consultation.*

- **Private Sector (Contracted)** : For follow-up care: **Cliniques d'Yveline, Pervenches**. Requires a letter from a doctor. Moderate cost.
- **Private Sector (Additional fees)** : For comfort and speed: **Clinique de Bellevue, Villebouzin, Château de Garches, de l'Abbaye, Château du Bel Air**. Check your supplementary health insurance before admission.

For any questions, contact the Health Center of Institut Polytechnique de Paris.

 **Address : Pavillon Broca, Route de Saclay, 91120 Palaiseau**

 **Opening hours**

- **Monday - Thursday : 08h30 - 12h00 / 13h30 - 17h00**
- **Friday : 08h30 - 12h00 / 13h30 - 16h15**
-  **Telephone : 01 69 33 39 31**

 **Email : pole-sante@ip-paris.fr**

Website : <https://www.ip-paris.fr/campus/pole-de-sante>