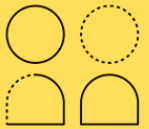


# ORIENTATION AND CARE – MENTAL HEALTH OF IP PARIS STUDENTS



Allow everyone to quickly identify the care resources available on campus and nearby.

## 1. IN CASE OF IMMEDIATE EMERGENCY

Order of priority for calls:

### **Call 15 (SAMU / SAS Psy)**

Why: This is the medical regulation service. A doctor assesses the situation and triggers immediate referral (Ambulance, SMUR, or Fire Brigade).

Added benefit: Direct access to the Care Access Service (SAS Psy) to find a community psychiatrist.

### **Call 31 14 (Suicide Prevention)**

Why: If the student is in distress but a medical intervention has not yet been triggered. Professional listening and risk assessment.


**The care pathway (Order of locations):**

### **STEP A: General Emergency Department (Orsay / Saclay Hospital)**

This is the mandatory entry point. The student is examined there by the on-call psychiatrist.

### **STEP B: The Psychiatric Hospital (Le Grand Mesnil)**


Admission occurs only after transfer from the general emergency department or via 15. One does not go there directly.

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

## 2. DISTRESS, NEED TO TALK (NON-URGENT BUT IMPORTANT)

### **Nightline Saclay (Peer Listening – IP Paris Partnership)**

Free, anonymous, and confidential service, provided by trained volunteer students.

 01 85 40 20 10

 French: 7 days a week – 9:00 PM to 2:30 AM

🇬🇧 English: Thursday to Monday – 9:00 PM to 2:30 AM

🌐 Website: [nightline.fr/saclay](https://nightline.fr/saclay) (Online chat available)

### 🎓 Cnaé – National Coordination for Student Support

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

☎ 0 800 737 800 (Free toll-free number)

Hours: Mon–Fri: 10:00 AM–9:00 PM | Sat: 10:00 AM–2:00 PM

Missions: Support provided by psychologists and social workers.

⚠ **Reporting:** Preferred entry point for cases of Gender-Based and Sexual Violence (GBSV), harassment, or discrimination. (Operated by the association *En Avant Toutes*).

## 🧭 3. ORIENTATION PATHWAY – HOW TO DECIDE?

- **Public Sector (100% Free):** For emergencies and accessible follow-ups (Grand Mesnil, CMP, BAPU). Ideal if you do not have health insurance.
- **Contracted Sector / Student Health:**
  - 🏥 **Clinique Dupré (Sceaux) – Fondation Santé des Étudiants de France**
  - Status: Private healthcare establishment of collective interest (ESPIC). Standardized rates (Sector 1).
  - Specialty: The absolute reference for the *Soins-Études* program, allowing psychiatric care while continuing university studies.
  - Added benefit:** Unlike the regular public sector, it specializes exclusively in supporting high school and university students.

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 at the IP Paris Health Center following an orientation consultation.

- **Private Sector (Contracted):** For follow-up care: Cliniques d'Yveline, Pervenches. Requires a letter from a doctor. Moderate cost.
- **Private Sector (Extra Fees):** For comfort and speed: Clinique de Bellevue, Villebouzin, Château de Garches, de l'Abbaye, Château du Bel Air. Make sure to check your insurance coverage before admission!

## 🧠 4. PSYCHOLOGICAL AND PSYCHIATRIC FOLLOW-UP

### 💡 "MonSoutienPsy" Program (National)

Covers sessions with a partner psychologist.

**Advantage:** Up to 12 sessions per calendar year fully reimbursed.

**Simplification:** Direct access (no need to go through a general practitioner for a prescription).

**How to proceed?** Choose a contracted practitioner from the official directory:

[monsoutienpsy.sante.gouv.fr](http://monsoutienpsy.sante.gouv.fr).

(*MonSoutienPsy* does not provide medical prescriptions.)

### 🏢 BAPU – University Psychological Assistance Offices

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

**Team:** Psychiatrists, psychologists, psychoanalysts, and social workers.

**Cost:** Consultations and follow-ups are 100% covered by Health Insurance (usually no upfront payment required).

### 📍 Addresses near 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:** Must be a student and have an up-to-date Social Security rights certificate.

## 🏠 5. CONSULTATIONS NEAR THE CAMPUS

### 👤 Psychiatry (Private & Public Sector)

**Dr Sophie Guenon (Palaiseau):** ☎ 01 60 14 23 28. Local reference psychiatrist. Note: Highly in demand, schedule the appointment several weeks in advance.

**CMP de Palaiseau (Centre Médico-Psychologique):** ☎ 01 69 31 15 50. For free psychiatric follow-up (public sector). Note: Reserved for Palaiseau residents and expect long waits for the first appointment.

### 🏢 Multidisciplinary Health Centers (Saclay)

**IP Paris Health Center:** 🙋 First point of contact on the IP Paris campus for evaluation and, if necessary, preparation of a referral letter to a specialist or clinic.

**Centre de Santé du Moulon (Gif-sur-Yvette):** Located nearby (École Centrale district). Includes general practitioners and specialists. Convenient for students living in this part of the plateau.

**Cabinet Médical de Lozère:** Accessible via RER B. Often has more availability for quick general medicine consultations.

### ⚡ "Emergency" Solutions (Appointments within 24–48h)

**SNP 91 (Unscheduled Care):** ☎ 01 64 98 16 17. For quick medical consultations (fever, pain, temporary anxiety) if Dr. Saada is unavailable or 15 (SAS).

**Teleconsultation Kiosks:** Available in some plateau pharmacies (e.g., Pharmacie du Moulon). Allows immediate video consultation with a doctor for a simple prescription or referral.

**Doctolib / Qare:** Plan psychiatric appointments in advance; waiting times in Essonne are long. Use filters: Psychiatrist + Sector 1 + Language (English).


**Language barrier:** If no English-speaking practitioner is available, students can request a medical interpretation platform (e.g., Intermède, paid service).

### **International Students / English Speakers**


**Health Center of the American Hospital (Local Branch):** Check agreements. Some plateau doctors are listed for their English proficiency (verify on Doctolib using the “Languages spoken” filter).

## **6. IP PARIS PSYCHOLOGICAL SUPPORT SERVICE**

### **FOR DOCTORAL 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](mailto:psychologues@ip-paris.fr)

### **FOR MASTER & PHD TRACK STUDENTS**

Contact according to school:

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

## **7. REPORTING VIOLENCE / HARASSMENT**

### **IP Paris Reporting Platform (Internal & Confidential)**

Official system for students and administrative staff.


 **Direct link:** [ip-paris.signalement.net](http://ip-paris.signalement.net)

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

**Member schools:** Each school (X, ENSTA, ENSAE, Télécom Paris, Télécom SudParis) also has its own GBSV (Gender-Based and Sexual Violence) contacts. Check your intranet for a local contact.

### **Cnaé – National Support (External & Independent)**

Ideal if you wish to speak with an organization outside the Institute.



 0 800 737 800 (Free and anonymous call)

 Email: [cnae@enseignementsup.gouv.fr](mailto:cnae@enseignementsup.gouv.fr)

Hours: Mon–Fri (10:00 AM–9:00 PM) | Sat (10:00 AM–2:00 PM)

**Added benefit:** Operated by the association *En Avant Toutes*, experts in gender equality and violence.

### **Specialized Support (Partner Associations)**

- **France Victimes:**  116 006 (National victim assistance number, 7 days a week)
- **Collectif Féministe Contre le Viol (CFCV):**  0 800 05 95 95 (Rape and Women Information)

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

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

 **Phone: 01 69 33 39 31**

 **Email: [pole-sante@ip-paris.fr](mailto:pole-sante@ip-paris.fr)**

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