



Academy of Montpellier

Support services in english for students

Updated 19/11/20 - www.student-support.info

Support services available to some students

Depending on your higher education institution, or for students in health-related sciences

Centre de Soins Universitaire Montpellier Students of Montpellier French, English	Open from Mondays to Fridays from 10a.m to 2p.m then to 3p.m to 6.30p.m. Possibility of requesting the service of a psychologist by telecommunication. Book an appointment by phone or mail.	04 11 28 19 79 centredesoins@umontpellier.fr
Happsy Hours (Apsytube) With English availability: Happsy Hours take place at the Cité Universitaire Matisse for students studying in the académie de Montpellier French, English, other languages dependent on the psychologist	In some universities, the Apsytube 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 Apsytube website. 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.	More info on Happsy Hours: https://www.apsytude.com/fr/apsytude/nos-actions/happsy-hours/ Map of all Happsy Hours, dates and times: https://www.apsytude.com/fr/ou-sommes-nous/happsy-hours/ Book an appointment : https://www.apsytude.com/fr/prendre-rendez-vous/ 06 27 86 91 83 rdv.apsytude@gmail.com
Santé Psy Étudiant All students French, and other languages depending on the psychologist	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.	More information and the list of psychologists : https://santepsy.etudiant.gouv.fr/

	<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>Plateforme du Crous (Pros-Consulte)</p> <p>All students</p> <p>French, and other languages depending on the psychologist</p>	<p>The CROUS organises free hotline service with psychologists; available 24/7.</p> <p>Online chat available on the website.</p>	<p>0 800 730 550</p> <p>www.pros-consulte.com</p>