

PSYCHIATRIC STUDENT SERVICES

1. <https://santepsy.etudiant.gouv.fr/>

This is a service that is accessible to all students in France, whether they attend a private or public institution; and it allows them, with a doctor's referral to the program, to have up to 8 free sessions with a psychologist.

2. <https://soshelpline.org/call-us/>

This is a mental health helpline in France specifically for English-language speakers.

3. <https://soshelpline.org/mental-health-resources/>

On their 'mental health resources' page, there are directions for English-speakers to access doctors/psychologists/support groups/other helplines, etc.

4. <https://www.filsantejeunes.com/tchat-individuel#>

This is an organization under the department of *Service Public* with locations around France that provides anyone between the ages of 12-25 with mental/health resources. They also have a phone line and chat option for talking to psychologists, doctors, etc.

5. [mindhamok • mindhamok](#)

Multi-faceted site that offers connections to therapists, a helpline, a library of information, webinars, live chat, and chat therapy resources.

6. General site where you can find some of the above options and others:

<https://www.etudiant.gouv.fr/fr/besoin-d-une-aide-psychologique-1297>

7. General site where you can find some of the above options and others, specifically for international students:

<https://www.campusfrance.org/fr/les-aides-psychologiques-pour-les-etudiants-internationaux>

8. <https://www.apsytude.com/fr/prendre-rendez-vous/>

This is an organization that allows students in France to see a psychologist via webcam/teleconferencing. The institution has to be subscribed to use it (ACM-IAU is not subscribed). On the other hand, Nexity (one of our student residence apartment hosts) is a subscriber; so, anyone living in their apartments can use these services for free.