



SANTÉ / SOCIAL MÉMO ÉTUDIANTS

Toulouse Psychological well-being No upfront costs !

2025-2026

Student Health Service: Simpps on your campuses

Consultations with nurses, psychologists, doctors, and psychiatrists.

To make an appointment at Simpps :

- ▶ UTC center: 05 61 63 37 25
- ▶ UT2J center : 05 61 50 41 41 / 05 61 50 38 61
- ▶ UPS center : 05 61 55 73 67 / 05 61 55 73 59

At SSE Simpps, you can also consult from Monday to Friday, 8:30 a.m. to 5 p.m.

Consultations with a nutrition and addiction expert are also available. Make an appointment by email.

addicto.simpps@univ-toulouse.fr or nutrition.simpps@univ-toulouse.fr

Santé Psy Etudiants (*Mental Health for Students*)

Free **psychological counseling** for all students.

To benefit from this program ▶ <https://santepsy.etudiant.gouv.fr/> (12 consultations with no upfront costs).

Mon Soutien Psy (*My Psychological Support*)

Access to psychological support for all (12 consultations reimbursed)

▶ <https://monsoutienpsy.ameli.fr/recherche-psychologue> (with advance payment excluding Solidarity-based supplementary health insurance (CSS), State medical aid (AME), Long-term illness (ALD), reimbursed by Social Security Administration (CPAM) and assurances)

Crous listening and support services

Make an appointment with the Prism organization for residents ▶ 05 61 55 41 70 ▶ prism1@free.fr

NIGHTLINE

Free telephone or nighttime chat service for the student community, provided by student volunteers between 8:30 p.m. and 2:30 a.m. (closed during the summer).

▶ 05 82 95 10 11 ▶ <https://www.nightline.fr/toulouse>

Saint-Sernin Medical and psychological center

Health center for students requiring psychiatric or psychological care

▶ 05 61 21 00 24 ▶ 4, Gatien Arnoult Street -Toulouse

Hypersens

Stress management workshops, Free for students

► <https://www.asso-hypersens.com/>

Maisons des Ados (Jusqu'à 21 ans)

Listening, assessment, support, and guidance - Workshops and themed meetings

► 05 34 46 37 64 ► 6, Pierre-Paul Riquet Street - Toulouse (François Verdier metro station)

PAEJ - Point Accueil et Ecoute Jeunes (*Youth Welcome and Listening Center*) (up to 25yo)

Psychosocial support and assistance.

Open access, no strings attached, confidential, and free of charge, by appointment

Several locations in Toulouse ► <https://www.mltoulouse.org/paej-point-accueil-ecoute-jeunes/>

Youth Counseling Center

General information, counseling, and psychological support service for all young people

► 05 62 26 78 79

SPS Call center

A free psychological support and assistance service. 24/7 telephone helpline.

► 08 05 23 23 36 (for healthcare students) ► 0800 730 580 (for all students)

Medical and psychological counseling unit

In the event of traumatic events less than 10 months ago

► 05 67 69 16 03 ► Monday to Friday - from 9 a.m. to 6 p.m.

France Victim 31 Organization

Comprehensive, multidisciplinary support for victims of harassment and violence (reception, information on rights, psychological support, social assistance, and referral to specialized services)

► Maison des Associations – 3, Guy Hersant Square -Toulouse ► 05 62 30 09 82 ► contact@francevictimes31.fr

If psychiatric emergency

► Call 15 and ask for the psychiatric nurse

Other offers contributing to well-being

Action Suricate

This peer-to-peer initiative, which reaches out to young people to talk about mental health, has set up several mental health resources, including the best mental health guide for young people in Toulouse.

► <https://tapni.com/action.suricate>

Crous workshop #àlacarte

Unlimited and free activities program (sports, arts, etc.)

► Learn more : <https://www.crous-toulouse.fr/sortir-bouger-creer/ateliers-alacarte/>

Etucare

A digital program to take care of your mental health as a student! Fast and effective.

► <https://www.promotion-sante-bfc.org/projets/etucare>

CNAE (*National Coordination for Student Support*)

Listening, support, and reporting system for students experiencing distress, violence, or discrimination.

► <https://www.etudiant.gouv.fr/fr/cnae>

Resources

MEDICAL EMERGENCY / SAMU ► 112 or 15 (free call)

Websites on well-being and mental health:

► STUDENT SUPPORT : <https://www.soutien-etudiant.info/>

► PSYCOM : <https://www.psycom.org/>

► APSYTUDE (tests, advices, etc.) : <http://www.apsytude.com/fr/se-tester/>

► DITES JE SUIS LA (SAY I AM HERE) : <https://www.ditesjesuisla.fr/>

► [www.JEPEUXENPARLER.FR](http://www.jepeuxenparler.fr)

National Suicide Prevention Hotline 24/7: [31 14](tel:3114)

► ViaPsy : Proximity resources : <https://viapsy.fr/recherche-critere-accompagnement-sante-mentale>