



STUDENTS SUPPORT

//////////

Help directory

**A priority
for territorial
communities
engaged at
your service**





Dear students of Paris-Saclay,

This is a particularly difficult time for some of us, especially for students facing complicated situations to handle.

In this context, we felt it was essential to act and provide specific support to those in need.

Therefore, we have decided in a very operational way to produce a simplified guide containing all the support you are eligible to.

It allows you to navigate the various existing mechanisms more easily and have a quick access to useful contacts that can help you.

We hope that this directory can really facilitate your procedures and allow you to overcome this difficult situation in the best conditions.

In any case, the Paris-Saclay agglomeration will continue to support and accompany its students!



Grégoire de LASTEYRIE

*President of the Communauté
d'agglomération Paris-Saclay*



François Guy TRÉBULLE

*Vice-President of the Communauté
d'agglomération Paris-Saclay
in charge of youth*

Summary

FOOD AID P. 4

**PSYCHOLOGICAL SUPPORT
AND HEALTH P. 5**

SOCIAL ASSISTANCE P. 7

HOUSING ASSISTANCE P. 9

**SCHOLAR AND UNIVERSITY
ASSISTANCE P. 10**

SUPPORT FOR BANK LOAN P. 11

FOOD AID



-----> All students can benefit from **two 1€ take-out meals/day** from their university restaurant. To benefit from it, simply activate your account on : <https://mon-espace.izly.fr>



Find the list of **University restaurants** on : www.messervices.etudiant.gouv.fr



-----> **CROUS** offers **food cheques and basic necessities**. To find out if you are eligible write to: service-social.paris-saclay@crous-versailles.fr

-----> **AGORAé** offers access to **solidarity grocery stores** on social criteria. Contact AGORAé Paris-Saclay on [01 69 15 31 48](tel:0169153148) or at contact@agorae-paris-saclay.fr

-----> **Linkee** is setting up **food distribution** for students in precarious situations throughout the Île-de-France region.

Contact: etudiants@linkee.com



PSYCHOLOGICAL SUPPORT AND HEALTH



PSYCHOLOGICAL SUPPORT

-----> Therapists from **APASO** organization (www.apaso.fr) offer a confidential and free listening space to Essonne's. Contact [0 805 829 130](tel:0805829130) (free number) or [students 91@apaso.fr](mailto:students91@apaso.fr) Directly on premises 4 avenue de France 91300 Massy or at the University of Évry.

Permanences are also held every Friday morning at the residence la Pacaterie in Orsay and once every two weeks on Thursday afternoon at the residence Les Rives de l'Yvette in Bures-sur-Yvette.

-----> **Listening platform Écoute Étudiants Île-de-France**

<https://ecouteetudiants-iledefrance.fr>



-----> La **Fondation Santé des Étudiants de France** (www.fsef.net/) is setting up video consultations with **psychologists**.

E-mail contact at rel.heuyer@fsef.net

-----> **APSYTUDE** **psychologists** (www.apsytude.com/fr/) can be reached at [06 27 86 91 83](tel:0627869183) or by e-mail rdv.apsytude@gmail.com

-----> A **student listening and support chat** is hosted by **NIGHTLINE**.

<https://www.nightline.fr/saclay>



.....> Les **Bureaux d'Aide Psychologique Universitaires (BAPU)**
(University Psychological Aid Offices) :

BAPU Pascal / 30 rue Pascal 75005 Paris
Tél. : 01 43 31 31 32 - Metro : Gobelins or Censier

BAPU Luxembourg / Croix Rouge France, 44 rue H. Barbusse 75005 Paris
Tél. : 01 43 29 65 72 - RER : Luxembourg

BAPU Claude Bernard / 20 rue Larrey 75005 Paris
Tél. : 01 43 37 16 16 - Metro : Censier Daubenton

BAPU Cachan / 4 rue de Raspail 94230 Cachan
Tél. : 01 46 65 62 22 - RER B : Arcueil / Cachan

.....> **Student relay**

32 avenue du Président Franklin Roosevelt 92330 Sceaux. Tel. : 01 40 91 50 75

.....> Le **Point Accueil et Écoute Jeunes (PAEJ)** (The Youth Reception and Listening Point) of Versailles academy is available at 06 13 46 10 24 and by e-mail paej.ep@ccas-versailles.fr

.....> La **Maison des Adolescents de l'Essonne** (The Essonne teenagers house) can be reached at 01 60 15 26 22 or by e-mail mda@eps-etampes.fr

.....> **Therapist Île-de-France** can still be reached at 01 48 00 48 00

.....> Le **Service Universitaire de Médecine Préventive et de Promotion de la Santé (SUMPPS)** (University Service of Preventive Medicine and Promotion of Health) remains at the disposal of students of the University Paris-Saclay. sante-etudiants@universite-paris-saclay.fr



.....> **The care unit for young people** located in Villebon-sur-Yvette offers psychological and psychiatric support for students who feel the need to talk and receive advice. Contact at 01 69 29 75 70 or by e-mail unisonje@ghne.fr

.....> The **Medico-Psychological Centres** are local structures that remain open to students :

CMP Palaiseau : 35 boulevard Bara
Tel. : 01 60 14 06 69 – Health Manager : Florence Loumé

CMP Massy : 77 avenue Jean Jaurès
Tel. : 01 69 32 13 58 – Health Manager : Maxime Floriat

CMP Bures-sur-Yvette : Domaine du Grand Mesnil, 1 voie Kastler
Tel. : 01 69 29 76 32

CMP les Ulis : 25 les Hautes Plaines
Tel. : 01 69 28 27 79 - Health Manager : Véronique Ragot

CMP Longjumeau / 12 avenue Charles de Gaulle
Tel. : 01 69 09 61 27

.....> **Santé Psy Étudiant** : during the health crisis, the State takes charge of the sessions as part of a healthcare pathway and without advance charge. santepsy.etudiant.gouv.fr



HEALTH

.....> **Menstrual precariousness** : free pads and tampons at Paris-Saclay University. (The “agglomeration” is a financial partner and supports the “Never again in the red” program). Installation of eleven periodic protection distributors on campus. These distributors will be accessible free of charge, for all, at any time.



SOCIAL AID



.....→ The **scholarships** are maintained. For more information, please visit www.messervices.etudiant.gouv.fr/envole/message/new

.....→ Have you applied for a grant and your **family income has declined** steadily and noticeably? Your request may be reconsidered. Visit www.messervices.etudiant.gouv.fr

.....→ In case of serious **financial difficulties**, you can contact the **CROUS Social Service** assistant in charge of your sector at [01 40 51 62 00](tel:0140516200) or on www.crous-versailles.fr/aides-sociales/contacter-service-social/

.....→ L'**Aide Sociale Individuelle de L'Université (ASIU)** (The Individual Social Assistance of the University) provides personalized financial assistance to students who encounter difficulties. The assistance is granted according to the emergency situation encountered by the student. It may relate to rent or daily life expenses. aides.etudiant@universite-paris-saclay.fr



HOUSING ASSISTANCE



.....→ L'**Allocation Logement à caractère Social** (Social Housing Allowance) is intended to all students. Calculation is based on resources.
www.caf.fr/allocataires/mes-services-en-ligne/faire-une-simulation



.....→ L'**Aide Personnalisée au Logement** (Personalized Housing Assistance) is intended to all students. Calculation is based on resources.
www.caf.fr/allocataires/mes-services-en-ligne/faire-une-simulation



.....→ **20,000 nights funded** in emergency accommodation at the 4 Accor hotels managed by the Red Cross. *Get in touch with your university administration services in charge submitting files to the Red Cross.*

.....→ **Visale**, a rental deposit allowing students with income but without personal guarantors to access housing more easily.
www.visale.fr/visale-pour-les-locataires/eligibilite/



.....→ The association **Héberjeunes** brings together **students in search of housing** and owners of rooms, studios or furnished apartments.
Contact : 06 84 52 59 36 / 01 69 15 65 44
<https://www.heberjeunes.fr/inscription-etudiant/>



SCHOLAR AND UNIVERSITY ASSISTANCE



-----> Scholar and **university support** sites for high school students, students and their parents :

<https://covid19-sos-education.fr> et <https://reussitevirale.fr>



-----> The counsellors of the **Centre d'Information et de Documentation Jeunesse (CIDJ)** (Youth Information and Documentation Centre) have a live dialogue with the students on issues relating to a guidance, training and daily life. www.cidj.com/tchatter-avec-un-conseiller



-----> In order to combat digital inequalities, the **Ile de France region** is planning to **distribute 10,000 computers and 60,000 digital cheques** for scholarship students. www.iledefrance.fr/chequenumeriqueetudiants



-----> The **Paris-Saclay University** offers financial assistance (Hardware Assistance and Individual Computing) for the **purchase of digital tools** (computer, tablet, internet connection).

Contact : aides.etudiant@universite-paris-saclay.fr or informations : www.universite-paris-saclay.fr/vie-de-campus/bourses-et-aides-etudiantes



SUPPORT FOR BANK LOAN



-----> The **Ile de France region** will **guarantee 15,000 bank loans** for students whose parents cannot help enough. *Approach your bank directly.*
www.iledefrance.fr



Contact

CONTACT.JEUNESSE@PARIS-SACLAY.COM
WWW.PARIS-SACLAY.COM

PARIS ●
SACLAY
Communauté d'agglomération



Communauté d'agglomération Paris-Saclay

