

# Besoin de parler ?



Vous êtes inquiet(e) ? Stressé(e) ? Vous vous sentez déprimé(e) ?  
Vous avez besoin d'aide/d'être soutenu(e) ?

Campus de Caen, du  
Havre et de Paris

## Contactez :

Les entretiens avec le pôle Wellness et nos psychologues sont gratuits, confidentiels et réalisables en présentiel ou en distanciel.

### Le pôle Wellness

- [wellness@em-normandie.fr](mailto:wellness@em-normandie.fr)

### Nos psychologues

- Campus du Havre : Marion MERCIER [marion.mercier20@em-normandie.fr](mailto:marion.mercier20@em-normandie.fr) (FR/EN)
- Campus de Caen : Kevin DAMAS [kdamas@em-normandie.fr](mailto:kdamas@em-normandie.fr) (FR)
- Campus de Paris : Claire LATHIERE [clathiere@em-normandie.fr](mailto:clathiere@em-normandie.fr) (FR)

*Si vous êtes francophone et en expatriation dans une université partenaire, votre psychologue référent est celui de votre ancien campus d'appartenance à l'EM Normandie.*

*Si vous êtes anglophone et basé(e) sur l'un de nos campus français, envoyez directement un e-mail de prise de contact à Sophie RAPHENNE ([sraphenne@em-normandie.fr](mailto:sraphenne@em-normandie.fr))*

### Des aides externes à l'école

- Les Bureaux d'Aide Psychologique Universitaires (BAPU)
- Les Centres Médico-Psychologiques (CMP)  
<https://www.etablissementsdesante.fr/>
- Vous pouvez prendre rendez-vous avec un e-psychologue sur <https://www.soins-aux-etudiants.com/> ou Apsytube <http://www.apsytude.com/fr/prendre-rendez-vous/>
- Vous pouvez demander à un médecin généraliste (si besoin par téléconsultation via Doctolib) d'accéder au dispositif « Santé Psy Etudiants » : <https://santepsy.etudiant.gouv.fr/> (jusqu'à 8 séances sans avance de frais) ou au dispositif « MonPsy » <https://monpsy.sante.gouv.fr/> (jusqu'à 8 séances remboursées)
- Annuaire de lignes d'écoute : <https://www.psycom.org/sorienter/les-lignes-decoute/>
- Le numéro national gratuit de prévention du suicide (24h/24 et 7j/7) : le 3114
- Le numéro d'écoute de l'association SPS, anonyme et confidentiel, gratuit et disponible 24h/24 et 7j/7 : 0 805 23 23 36 <https://www.soins-aux-etudiants.com/prise-en-charge>
- Pour les étudiants parisiens : <https://www.nightline.fr/paris> 01 88 32 12 32 (français) / 01 88 32 12 33 (anglais) 7j/7 de 21h à 2h30
- <https://www.stopblues.fr/>
- Contactez la [plateforme CNAE](#) (dispositif d'écoute, d'accompagnement et de signalement pour les étudiants qui vivent des situations de mal-être, de violence ou de discrimination) : 0 800 737 800 - Gratuit et confidentiel (de 10h à 21h en semaine et de 10h à 14h le samedi) / [cnaes@enseignementsup.gouv.fr](mailto:cnaes@enseignementsup.gouv.fr)

→ Retrouvez l'intégralité des aides psychologiques à cette adresse :  
<https://www.etudiant.gouv.fr/fr/besoin-d-une-aide-psychologique-1297>

# Need to talk?



Caen, Le Havre and  
Paris Campuses

Are you worried? Stressed? Feeling depressed?  
Do you need help/support?

## Contact:

Interviews with the Wellness Department and our psychologists are free, confidential and can be carried out face-to-face or online.

The Wellness  
Department

- [wellness@em-normandie.fr](mailto:wellness@em-normandie.fr)

Our English-speaking  
psychologists

- Le Havre Campus: Marion MERCIER [marion.mercier20@em-normandie.fr](mailto:marion.mercier20@em-normandie.fr) (FR/EN)

*If you are English-speaking and based on the Caen/Paris campus, please send an e-mail directly to Sophie RAPHENNE ([sraphenne@em-normandie.fr](mailto:sraphenne@em-normandie.fr)). If you are an expatriate at a partner university, your contact psychologist is the one at your former EM Normandie campus (if this psychologist does not speak English, please send also an e-mail directly to Sophie RAPHENNE [sraphenne@em-normandie.fr](mailto:sraphenne@em-normandie.fr)).*

External support

- The University Psychological Support Offices (BAPU)
- The Medical and Psychological Centres (CMP) <https://www.etablisementsdesante.fr/>
- You can make an appointment with an e-psychologist on <https://www.soins-aux-etudiants.com/> or Apsytude <http://www.apsytude.com/fr/prendre-rendez-vous/>
- You can ask a GP (if necessary by teleconsultation via Doctolib) to access the "Santé Psy Etudiants" scheme: <https://santepsy.etudiant.gouv.fr/> (up to 8 sessions without advance payment) or the "MonPsy" scheme <https://monpsy.sante.gouv.fr/> (up to 8 sessions refunded)
- Directory of hotlines : <https://www.psycom.org/sorienter/les-lignes-decoute/>
- The free national suicide prevention number (24/7): 3114
- The SPS association's anonymous and confidential hotline, free of charge and available 24/7: 0 805 23 23 36 <https://www.soins-aux-etudiants.com/prise-en-charge>
- For students in Paris: <https://www.nightline.fr/paris> 01 88 32 12 32 (French) / 01 88 32 12 33 (English) 7j/7 from 9pm to 2.30am
- <https://www.stopblues.fr/>
- Contact the [CNAE platform](#) (a listening, support and reporting system for students experiencing anxiety, violence or discrimination): Free and confidential (only available by e-mail for English speakers) [cnaes@enseignementsup.gouv.fr](mailto:cnaes@enseignementsup.gouv.fr)

→ You can find the full range of psychological support at this address:  
<https://www.etudiant.gouv.fr/fr/besoin-d-une-aide-psychologique-1297>

# Need to talk?



Oxford Campus

Are you worried? Stressed? Feeling depressed?  
Do you need help/support?

## Contact:

*Interviews with the Wellness Department and our psychologists are free, confidential and can be carried out face-to-face or online.*

The Wellness  
Department

- [wellness@em-normandie.fr](mailto:wellness@em-normandie.fr)

Our French and  
English speaking  
psychologist

- Oxford Campus: Olivia QUETIER [olivia.quetier09@em-normandie.fr](mailto:olivia.quetier09@em-normandie.fr)

External support

- How to access mental health services: <https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/how-to-access-mental-health-services/>
- Depression and anxiety self-assessment quiz: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/>
- Find health services: <https://www.nhs.uk/service-search/other-services/> (for example, for [rape and sexual assault referral centres in Oxford](#))
- Find a local NHS urgent mental health helpline: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>
- For French students on the Oxford campus: call +44(0) 20 3848 9303 on Fridays from 12pm to 3pm to speak with the psychologist on duty at "l'Espace Santé Jeunes du Dispensaire Français » <https://espacesantejeunes.org.uk/fr/>
- Mental health help and support services: <https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>
- Advice and support website: <https://www.mind.org.uk/>
- Find someone you can talk to: <https://www.samaritans.org/> or <https://hubofhope.co.uk/> or <https://giveusashout.org/> or <https://text50808.ie/>
- For French students on expatriation: Contact the [CNAE platform](#) (a listening, support and reporting system for students experiencing problems, violence or discrimination): 0 800 737 800 - Free and confidential (from 10am to 9pm on weekdays and from 10am to 2pm on Saturdays) / [cnaes@enseignementsup.gouv.fr](mailto:cnaes@enseignementsup.gouv.fr)

1871

# Need to talk?



Dublin Campus

Are you worried? Stressed? Feeling depressed?  
Do you need help/support?

## Contact:

Interviews with the Wellness Department and our psychologists are free, confidential and can be carried out face-to-face or online.

The Wellness  
Department

- [wellness@em-normandie.fr](mailto:wellness@em-normandie.fr)

Our French and  
English-speaking  
psychologist

- Dublin Campus: Sophie RAPHENNE [sraphenne@em-normandie.fr](mailto:sraphenne@em-normandie.fr)

External support

- Find all the information you need concerning mental health from the HSE (Health Service Executive) <https://www2.hse.ie/mental-health/>
- [Directory of Mental Health Services](#)
- Helplines, resources, webinars and more about mental health: <https://www.mentalhealthireland.ie/>
- SpunOut.ie is Ireland's youth information website created by young people, for young people. Its aim is to create an Ireland where young people aged between 16 and 25 are empowered with the information they need to live active, happy, and healthy lives <https://spunout.ie/>
- Find someone you can talk to: <https://www.samaritans.org/> call 116 123 for free
- Pieta offers a free professional one-to-one, in-person, phone or video therapeutic counselling and 24-hour phone and text crisis prevention services to those who are in suicidal crisis: <https://www.pieta.ie/>
- For French students on expatriation: Contact the [CNAE platform](#) (a listening, support and reporting system for students experiencing problems, violence or discrimination): 0 800 737 800 - Free and confidential (from 10am to 9pm on weekdays and from 10am to 2pm on Saturdays) / [cnaes@enseignementsup.gouv.fr](mailto:cnaes@enseignementsup.gouv.fr)

1871

**EM**  
NORMANDIE  
BUSINESS SCHOOL

# Need to talk?



Dubai Campus

Are you worried? Stressed? Feeling depressed?  
Do you need help/support?

## Contact:

*Interviews with the Wellness Department and our psychologists are free, confidential and can be carried out face-to-face or online.*

The Wellness  
Department

- [wellness@em-normandie.fr](mailto:wellness@em-normandie.fr)

Our psychologists

- Dubai Campus: contact the Student Affairs Department at [atkachenko@em-normandie.ae](mailto:atkachenko@em-normandie.ae)

External support

- **Numbers in France accessible from abroad (NB, numbers in 0800... are not accessible in the U.A.E.):**

Croix Rouge écoute Tel: 00 33 9 70 28 30 00, available 7 days a week from 8am to 8pm. Trained in psychological support by telephone, the volunteers take turns 7 days a week. Calls are anonymous and confidential.

SOS Amitié Tel: 00 33 9 72 39 40 50, available 24 hours a day, 7 days a week or by chat every day from 1pm to 3am and by message on the website [sos-amitie.com](http://sos-amitie.com) . 44 local associations with 1600 volunteers trained in listening.

For French students on expatriation: Contact the [CNAE platform](#) (a listening, support and reporting system for students experiencing problems, violence or discrimination): 0 800 737 800 - Free and confidential (from 10am to 9pm on weekdays and from 10am to 2pm on Saturdays) / [cnaes@enseignementsup.gouv.fr](mailto:cnaes@enseignementsup.gouv.fr)

- **In case of physical violence:**

Numbers in France accessible from abroad:

For women: free national toll-free number. Tel: +33 1 80 52 33 76 (7 days a week, equivalent to the number 3919) for women victims of violence, their families and the professionals concerned.

- **In the Emirates:**

For women and children victims of domestic violence: Dubai Foundation for Women and Children. Tel: 800111 SMS: 5111 email: [help@dfwac.ae](mailto:help@dfwac.ae)  
French Clinic: <https://frenchclinic.com/>

1871