

# PSYCHOLOGISTS ARE AT YOUR SERVICE

Psychologists are at your service to help you get over your struggles, worries, and anxieties.

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## CROUS Normandie : on-call appointments with the CROUS psychologist

- > The CROUS psychologist is available around the clock on weekends and from 6.00 pm to 11.00 pm on weekdays.
- > To book an appointment : Email

## Terra Psy – Normandy helpline : on-call emergency psychological support

- > From Monday to Friday, from 9.00 am to 12.30 pm and from 1.30 pm to 5.00 pm
- > Toll-free number : 0 805 383 922
- > Consultations can be held in French, English, and Arabic

# The Health Prevention and Promotion Department of the University of Le Havre Normandie

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- > Lebon campus : from Monday to Friday, from 8.45 am to 5.00 pm : 02 32 74 42 21/22
  - > Caucriauville campus : from Monday to Friday, from 8.00 am to 5.00 pm (except on lunch breaks) : 02 32 74 47 09
  - > [the University website \(https://www.univ-lehavre.fr/\)](https://www.univ-lehavre.fr/)
- More information on [lehavre.fr/](https://www.univ-lehavre.fr/)
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## Youth Health Helpline (Fil Santé Jeunes)

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- > By e-mail through their website or by individual or group chat
- > Every day from 9.00 am to 11.00 pm
- > 0 800 235 236
- > Anonymous and free
- > [www.filsantejeunes.com](http://www.filsantejeunes.com)

## Nightline – Paris : free nighttime hotline for students

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- > From 9.00 pm to 2.30 am on Monday, Thursday, Friday, Saturday, and Sunday
- > 01 88 32 12 32
- > Hotlines in French and English