

PSYCHOLOGISTS ARE AT YOUR SERVICE

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

Published on 24 March 2021

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

- › Lebon campus : from Monday to Friday, from 8.45 am to 5.00 pm : 02 32 74 42 21/22
- › Caucrivaule 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/>)
More information on [lehavre.fr/](https://www.univ-lehavre.fr/)

Youth Health Helpline (Fil Santé Jeunes)

- › 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

Nightline – Paris : free nighttime hotline for students

- › 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