

YOUR HEALTH

EMERGENCIES AND
HOSPITALS
PHARMACIES
UNIVERSITY FACILITIES
MENTAL HEALTH
SEXUAL AND
REPRODUCTIVE HEALTH



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In case of a medical emergency, you can go to the ER in the Nice and Cannes hospitals ([L'Archet](#), [Pasteur](#), [Simone Veil](#)), and in other emergency centres of the department ([Mougins and Saint-Laurent-du-Var](#) [Institut Arnault Tzanck](#), [Antibes hospital](#), [Parc Impérial practice](#)).

In case of a social emergency, if you are without housing, cannot eat properly, are not safe, several devices and teams of volunteers are here to help and rescue you:

- [The Samu Social by day - La Mut'](#)
- [The Samu Social by night - The Red Cross](#)
- [115 06 - free number, immediate response](#)





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NEED HELP ?

Contact your international student coordinator !

At your disposal for any information on :

- Housing
- Administrative formalities
- Student life
- Transports
- Health



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FREE HELP, CRISIS LINE...

1- MEDICAL EMERGENCIES

A- IN NICE



HOSPITALS

There are three main hospitals in Nice:

- the Pasteur Hospital
- the L'Archet Hospital
- the Lenval Children's Hospital

In these hospitals, you will find the main Emergency Rooms. However, beware the excessive number of patients visiting the ER! Don't forget you can attend health centres (page 6). The Parc Impérial practice (boulevard Tzarewitch, in Nice), welcomes you at their ER, as well.



EMERGENCY NUMBERS

Here are the main French emergency numbers that you should keep in mind:

- 18 : Firefighters
- 15 : SAMU (Urgent Medical Aid Service)
- 17 : Police
- 112 : European Emergency Number
- 31 14 : Suicide Lifeline
- 39 19 : Violence Against Women



ON-DUTY PHARMACIES

Many pharmacies in Nice remain open 24/7, several of which are downtown. All of those are accessible through public transportation and welcome you on weekdays from Monday to Saturday, on Sunday, through the night and on holidays:

<https://www.evous.fr/Pharmacies-de-garde-a-Nice-ouvertes-la-nuit-dimanche-jours-feries-1190703.html>

1- MEDICAL EMERGENCIES

B- IN CANNES



HOSPITALS

There is one hospital in Cannes:

- the Simone Veil Hospital

There are other hospitals and practices in which ER are free, open to all and public:

- the Antibes Hospital;
- the Institut Arnault Tzanck :
 - in Saint-Laurent-du-Var ;
 - in Mougins.

However, beware the excessive number of patients visiting the ER! Don't forget you can attend health centres (next page).



EMERGENCY NUMBERS

Voici les numéros d'urgence en France, à connaître en cas de besoin :

- 18 : Pompiers
- 15 : SAMU
- 17 : Police
- 112 : Numéro Européen d'Urgence
- 31 14 : Prévention Suicide
- 39 19 : Femmes Victimes de Violences



ON-DUTY PHARMACIES

Many pharmacies in Nice remain open 24/7, several of which are downtown. All of those are accessible through public transportation and welcome you on weekdays from Monday to Saturday, on Sunday, through the night and on holidays:

<https://www.bestpharmacie.fr/06/cannes/pharmacies-de-garde-88028>

2- CARE & TREATMENTS



DOCTOLIB

Doctolib is a free platform on which you can book an appointment at the doctor's: your GP, or any other specialist doctor (ophtalmologist, dentist, ENT, gynecologist...), including regarding mental health (psychiatrist, psychologist, hypnotherapist, EMDR specialist...). All you need is to create and to follow the steps, pick a doctor and choose a slot.

<https://www.doctolib.fr/>



CENTRES C7 SANTÉ

Regarding minor treatments and emergencies which do not require the Fire Department or the SAMU (ambulance service) to be called out: health centres welcome you Monday through Sunday from 8:30AM to 10PM. These centres are located downtown and can be accessed via tramway or bus, and you only need to present your Carte Vitale and your mutual health card. There is a team of doctors and other health professionals which are committed to providing various types of care and treatments. <https://c7sante.org/nos-centres>

3- HEALTH ON CAMPUS:

CENTRE DE SANTÉ UNIVERSITAIRE



THE CSU

The Centre de Santé Universitaire (Health University Centre), welcomes you on the Saint-Jean d'Angély Campus in Eastern Nice (Tramway L1 Vauban) Monday through Friday, from 9AM to 5PM:

- 24 Avenue des Diablos Bleus, 06300 Nice
- <https://univ-cotedazur.fr/vie-des-campus/sante-aide-sociale>

It is mandatory to make an appointment at the Centre (Doctolib):

- <https://www.doctolib.fr/centre-de-sante/nice/centres-de-sante-universitaire-csu-cote-d-azur?pid=practice-243701>
- Phone [+33 4 89 15 14 61](tel:+33489151461)
- Mail : sante.rdv@univ-cotedazur.fr
- <https://etudiants.nice.fr/vie-quotidienne/sante/>

Une assistante sociale, Alexia Fitoussi, se trouve sur les campus Carlone et George Méliès.

Pour prendre rendez-vous (consultation gratuite) :

<https://www.doctolib.fr/service-social/nice/alexia-fitoussi>



AUTISM SPECTRUM CONDITION

You are a student and you are with ASC? The Aspie-Friendly device is conceived to provide you with guidance. It is a national program of inclusiveness in universities for autistic people: it is the dedicated advisers' role to guide you through your student life, within the University. The program also offers guidance for professional integration.

The "Aspie" (Asperger) students can share a virtual coffee through Zoom "Café Asperger" sessions. These are held on Fridays, from 5:30PM to 7PM. <https://www.etudiant.gouv.fr/fr/aspie-friendly-3056>



DISABILITY COMMITTEE

The Université Côte d'Azur established a Disability Policy and a Disability Committee which aim at inclusiveness, at addressing inequalities due to disability on one's workplace and/or one's campus.

Hereafter, you will find several links to guide you through these actions:

- <https://univ-cotedazur.fr/universite/responsabilite-ethique-et-universitaire/handicap/le-handicap-a-universite-cote-dazur>
- <https://univ-cotedazur.fr/universite/responsabilite-ethique-et-universitaire/handicap/le-handicap-a-universite-cote-dazur/la-politique-handicap>
- <https://univ-cotedazur.fr/universite/responsabilite-ethique-et-universitaire/handicap/le-handicap-a-universite-cote-dazur/la-mission-handicap>
- <https://univ-cotedazur.fr/universite/responsabilite-ethique-et-universitaire/handicap/le-handicap-a-universite-cote-dazur/en-savoir-plus-1>

4- MENTAL HEALTH: BUREAU D'AIDE PSYCHOLOGIQUE UNIVERSITAIRE



UNIVERSITY PSYCHOLOGICAL HELP OFFICE: CONSULTATIONS

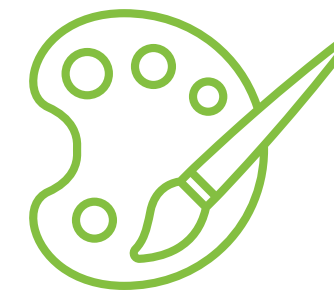
The University Psychological Help Office (Bureau d'Aide Psychologique Universitaire) welcomes you by appointment. To book a consultation, you need to call the BAPU desk and to choose the right slot for you:

- You can reach the BAPU via this phone number: +33 4 92 87 72 78
 - Monday through Thursday from 9:30AM to 1PM, and from 2PM to 6:30PM;
 - on Fridays from 9:30AM to 1PM and from 2PM to 4:30PM.
- Consultations with a mental health specialist take place at the BAPU office:
 - 2, boulevard Dubouchage, 06000 Nice (Tramway L1 Jean Médecin)

Careful! For your first appointment, you need to bring your student card and your current Social Security certificate.

For more information:

- <https://www.bapunice.org/>
- contact@bapunice.org



BAPU: WORKSHOPS

The BAPU holds art workshops every first Monday of the Month, from 7:30PM to 9PM at their office (boulevard Dubouchage). Everyone gathers around a work of art (cinema, music, literature...) and debates about the emotions, feelings and thoughts and psychological states that it invokes and engenders.

- <https://www.bapunice.org/ateliers>

The BAPU occasionally holds art mediation workshops in association with the Théâtre National de Nice, as well.

4- MENTAL HEALTH: DROP-IN CENTRES



THE CSU

The CSU also offers to connect you with a psychologist on campus, should you feel the want or need to consult with one. All you need is contact the Centre via telephone, Doctolib, or email.

https://www.doctolib.fr/centre-de-sante/nice/centres-de-sante-universitaire-csu-cote-d-azur/booking/practitioners?profile_skipped=true&specialtyId=14&telehealth=false&profileSkipped=true&placeId=practice-244857&motivels%5B%5D=4198599



THE MDA

The Maison des Adolescents (Teens Centre) welcomes young people from 12 to 20 years old. They treat you for free and provide you with a psychological assistance within a multi-field team:

- 2 rue Raynardi, 06000 Nice (Tramway L1 Jean Médecin), Monday through Friday, from 9AM to 5PM
- [+33 4 93 26 10 92](tel:+33493261092)
- <https://lenval.org/centre-marina-picasso/#maisado>



L'ESCALE

L'Escale is a centre that was conceived by the City of Nice for people aged 12-25. This centre offers psychological and social support. It is free, anonymous and walk-in. The address is: 12 boulevard Risso (Tramway République)

- Mondays, Wednesdays, Thursdays from 1PM to 5PM AND Fridays from 9AM to 1PM. By appointment otherwise.
- Phone permanence: [+33 4 92 47 67 40](tel:+33492476740)
- <https://www.nice.fr/fr/social-et-solidarites/l-escale-point-d-accueil-et-d-ecoute-jeunes>



SANTÉ PSY ÉTUDIANT

- The French government set up this device which allows you access 8 sessions with a psychologist for free. You simply need to book an appointment with a GP to get the lettre d'orientation, (the paper you need to go further) to pick your psychologist on the platform and to book a consultation slot:
- <https://santepsy.etudiant.gouv.fr/>

4- MENTAL HEALTH: CRISIS LINES



INFO SUICIDE

The 31 14 is a suicide prevention line, which is open 24/7. This platform was created by the French Ministry of Health. It is free, anonymous, and specialists and professionals are here to listen to you.

- <https://www.infosuicide.org/urgences-aide-ressources/lignes-decoute/>
- <https://3114.fr/>



SUICIDE ÉCOUTE

Suicide écoute is a lifeline, which is also open 24/7. It is free, you can confide in specialists who will never judge you based on your religious or political views. Calls are anonymous: +33 1 45 39 40 00



PROS-CONSULTE

Pros-Consulte set up a platform for students to call 24/7. It provides them with psychological support and it is free: +33 800 730 569

- <https://www.crous-nice.fr/2022/12/16/soutien-psychologique-24h-24-et-7j-7-avec-pros-consulte/>



SOS AMITIÉ

The SOS Amitié Nice platform is open 24/7 via this phone number: +33 4 93 26 26 26.

You are welcomed in an anonymous, free, well-meaning and confidential setting.

You can also reach them via an online chat, open Monday through Sunday from 1PM to 3AM.

- <https://www.sos-amitie.com/nice/>

5- SEXUAL HEALTH, SEXUALITY, PREVENTING



QUESTIONS ET INFORMATIONS

If you have any inquiry regarding your sexual health and your sexuality, the French Ministry of Health created a designated platform:

- <https://questionsexualite.fr/>

You can visit the Family Planning website:

- <https://www.planning-familial.org/fr>

You can also visit one of the "Centres de Planification et d'Education Familiale" (Family Planning and Education Centre):

<https://www.departement06.fr/les-centres-de-sante-sexuelle/centres-de-planification-et-d-education-familiale-2644.html>



MATÉRIEL DE PRÉVENTION

If you need prevention materials (menstrual protection, contraceptives...), you can find those for free: au Planning Familial ;

- at the Centre de Santé Universitaire ;
- at the Centre AIDES ;
- at the CROUS.

Contact information of the Nice centres:

- Centres de Planification et d'Education Familiale
- Planning familial
 - 22, avenue Malausséna, 06000 Nice / [+33 4 92 09 17 26](tel:+33492091726)
- Centre 8 Baquis (LGBTQIA+ et CeGIDD)
 - 8, avenue Baquis, 06000 Nice / [+33 4 89 04 55 60](tel:+33489045560)
- Centre AIDES
 - 29, rue Delille, 06000 Nice / [+33 6 27 07 38 50](tel:+33627073850)
- Centre de Santé Universitaire
 - Campus Saint-Jean d'Angély / [+33 4 92 00 12 31](tel:+33492001231)

Contact information of the Cannes centres:

- Centres de Planification et d'Education Familiale
- Planning familial : locaux de l'Enipse
 - 64 Bd de la République, 06400 Cannes
- Centre CeGIDD
 - Hôpital Simone Veil - RDC Zone C / [+ 33 4 93 69 71 79](tel:+33493697179)
- Centres PMI
 - La Verrerie : [+33 4 97 06 44 20](tel:+33497064420)
 - Michel Jourdan : [+33 4 93 48 15 41](tel:+33493481541)



ÉCOUTE ET ACCOMPAGNEMENT

All of the aforementioned structures also offer consultations with a gynecologist, professional advice on sexual health, STDs (Sexually Transmissible Diseases) and HIV (Human Immunodeficiency Viruses) detection kits, as well as a medical and support assistance through an abortion process.

Beyond the mere medical aspect, beyond consultations and procedures, you will find a warm, kind welcome, without any form of judgement through your healthcare procedures.

6- EXTRA TIPS



PASS SANTÉ JEUNES

The Région Sud created a Pass Santé Jeunes for the 15-26. This Health Pass includes several "health slips" which are valid for 1 year, from September 1st to August 31st of the following year. They can be used for a variety of medical services. You can register on the dedicated platform below:

<https://passantejeunes.maregionsud.fr/Account/LogOn>



CARREFOUR SANTÉ JEUNES

The Carrefour Santé Jeunes is a medical structure which welcomes the 12-25. This Centre offers several types of care, support and preventing. Its multi-field team is composed of gynecologists, endocrinologists, nutritionists, GPs, tobacco addiction specialists, psychologists, nurses, dietitians and psychologists. You can visit the walk-in Centre Monday through Friday, even anonymously:

<https://www.departement06.fr/prevention/carrefour-sante-jeunes-2658.html>



DROGUES INFO SERVICE

You are affected by an addiction and wish to talk about it, or get help? Many centres and associations, an online platform as well as a crisis lifeline, are as many tools at your disposal:

[https://www.drogues-info-service.fr/Adresses-utiles/\(lng\)/7.2619532/\(lat\)/43.7101728/\(address\)/nice/\(idR\)/20473/\(country\)/FR](https://www.drogues-info-service.fr/Adresses-utiles/(lng)/7.2619532/(lat)/43.7101728/(address)/nice/(idR)/20473/(country)/FR)



MAISON DE L'ÉTUDIANT

The Maison de l'Etudiant created a Health Portal which maps out important information you need to keep in mind regarding health of students on their website. You can find health centres, reception centres and other key elements regarding your health below :

<https://etudiants.nice.fr/vie-quotidienne/sante/>