

STUDENT GUIDE



This guide brings together practical information to help you manage your day-to-day life: access to health services, advice on contraception, free sanitary protection and much more. Everything has been thought of to simplify your student life, even on a tight budget.



TABLE OF CONTENTS

I. Sanitary products.....	3
II. Contraception	
A. Morning-after pill.....	4
B. Condoms.....	4
III. Medical services	
A. Screening for Sexually Transmitted Infections (STIs)	5
B. Voluntary Pregnancy Termination (VPT).....	5
C. General medicine.....	6
D. Psychological support.....	7
IV. Information about the different centers	
A. Planning familial.....	8
B. PSL Services.....	9
C. Qare Service.....	10
D. CeGIDD - Centre Gratuit d'Information, de Dépistage et de Diagnostic de la ville de Paris	11
E. Colliard Sexual Health Center.....	12

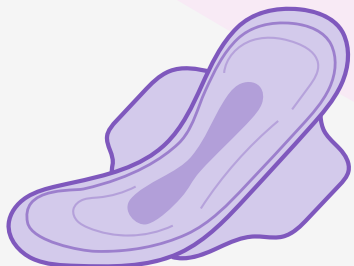
I. SANITARY PRODUCTS

In all the following cases, sanitary protection is provided in order to help as many students as possible, so please only take as much as you need.

CROUS

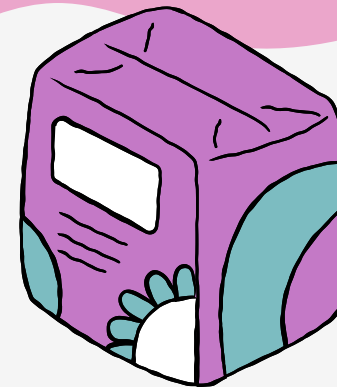
Distributors of sanitary towels are available in the communal areas of the residences and restaurants. The protection is freely available and free of charge. The dispensers are regularly restocked by Crous staff.

Map of CROUS with this service



THE CP RESTROOMS

A box of sanitary products provided by the Mazet Center is available in the large CP restrooms (near the gallery).

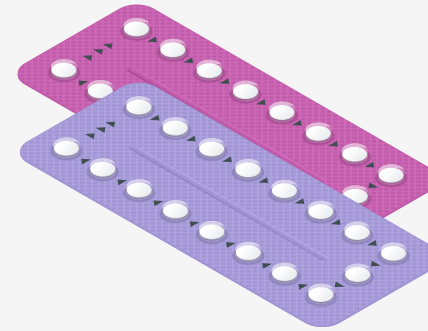
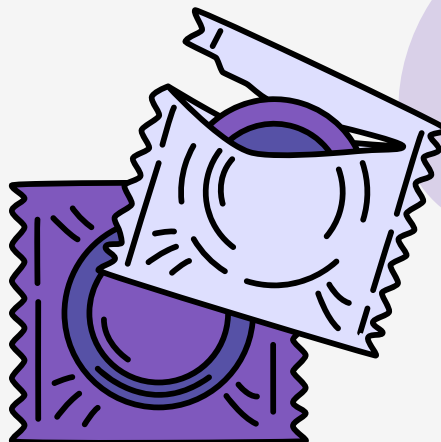


II. CONTRACEPTION

A. MORNING-AFTER PILL

To obtain emergency hormonal contraception for free without a prescription, individuals under 26 can go to:

- A pharmacy
- A sexual health center
- A CeGIDD - Centre Gratuit d'Information, de Dépistage et de Diagnostic de la ville de Paris
- The Mazet Center



B. CONDOMS

To obtain free condoms without a prescription for under-26s, go to :

- At a pharmacy (with a health insurance card). Note that this includes both male and female condoms!
- At a sexual health center
- At the Mazet Center

Tip: The app "Préservatif Gratuit" helps locate places where you can get free condoms near you.

III. MEDICAL SERVICES

A. STIs SCREENING

To get tested for free without a prescription, individuals can go to:

- A medical biology laboratory for those under 26 who request it. This covers four sexually transmitted infections:
 - Chlamydia (*Chlamydia trachomatis*)
 - Gonococcus (*Neisseria gonorrhoeae*)
 - Syphilis (*Treponema pallidum*)
 - Hepatitis B virus
 - At the Planning Familial
 - At centers of the AIDES association for HIV testing.
- Testing location map**
- At a CeGIDD - Centre Gratuit d'Information, de Dépistage et de Diagnostic de la ville de Paris
 - At a sexual health center



B. VPT

To access a voluntary pregnancy termination, individuals can go to:

- At the Planning Familial:
 - Medication-based abortion consultations
 - Post-abortion discussion group, every second Saturday of the month at 10 AM, no appointment needed, at the HITTORF Center (10th district)
- At a sexual health center



III. MEDICAL SERVICES

C. GENERAL MEDICINE

- PSL service:

It includes a preventive medicine unit that allows students to schedule consultations from the start of the academic year, obtain fitness certificates for sports at PSL (non-competitive), and undergo visual and auditory tests. If desired, you can also complete your preventive medical visit via the Qare platform. International students, first-year students, and those with chronic health issues or requiring academic accommodations are encouraged to prioritize in-person medical visits.

Contacts for scheduling an appointment:

- By email: santeetudiante@psl.eu
- By phone: 07.76.08.63.28



- CeGIDD - Centre Gratuit d'Information, de Dépistage et de Diagnostic de la ville de Paris
- Qare Service

Tip: For gynecological services, it is often better to consult a midwife, as appointments are more accessible and wait times are shorter than with a gynecologist. Midwives can perform routine check-ups (Pap smears, contraception, STI screening, counseling), monitor uncomplicated pregnancies, and assist with childbirth.

III. MEDICAL SERVICES

D. PSYCHOLOGICAL SUPPORT

- PSL service:

It includes the PPOP (Pôle de Prévention et d'Orientation Psychologique), which allows students to confidentially discuss their difficulties, concerns, and/or questions with a listening professional. It also provides psychological support and assistance, the ability to report concerning situations (whether as a peer, staff member, or teacher), and guidance toward external help if needed. All topics are important and can be addressed. Sessions are strictly confidential and can be conducted in various languages for international students (English, Arabic, Spanish, and Russian). For students studying remotely (e.g., internships abroad), virtual appointments can also be arranged.

- Covered by social security:
As a student, you can benefit from the **Santé Psy Étudiant** program.

To benefit from it:

1. Consult a general practitioner who can refer you to a psychologist if needed, or directly check your eligibility on their **website**.
2. Make an appointment with a psychologist who is part of the program from the provided **list**.
3. Follow up, if necessary, with up to 12 sessions fully covered, with no upfront payment required.



- Crous: Free and anonymous helpline, available 24/7: 0800 73 08 15.
- Nightline Paris: Nighttime support for Parisian students (9 PM - 2:30 AM) via phone (01 88 32 12 32) or chat. Note, volunteers are not psychologists.
- CeGIDD
- Qare Service



le planning
familial

IV. INFORMATION ABOUT THE DIFFERENT CENTERS

A. PLANNING FAMILIAL

Centre VIVIENNE :

10 rue Vivienne, 75002
Metro Bourse, Palais Royal
01 42 60 93 20

Centre HITTORF :

2 rue Hittorf, 75010
Metro Château d'Eau,
République, Strasbourg
Saint-Denis
01 42 45 67 35

Centre MASSENA :

9 villa d'Este, 75013
Metro Porte d'Ivry
01 45 84 28 25

Walk-in hours:

The open centers allow individuals to get information and discuss topics such as contraception, abortion, STIs, sexuality, gender, relationships, and violence. You can also take a pregnancy test, get an STI screening, obtain emergency contraception, or get a prescription for birth control.

The walk-in hours are:

- Monday: 10 AM - 12 PM at the HITTORF center and 2 PM - 7 PM at the VIVIENNE center
- Tuesday: 10 AM - 12:30 PM at the HITTORF center
- Wednesday: 10 AM - 5 PM at the MASSENA center and 4 PM - 7 PM at the HITTORF center
- Thursday: 2 PM - 5 PM at the VIVIENNE center
- Friday: 10 AM - 4 PM at the MASSENA center

IV. INFORMATION ABOUT THE DIFFERENT CENTERS

B. PSL SERVICES

The student health service welcomes students by appointment from Monday to Friday, from 9 AM to 5:30 PM. It consists of a preventive medicine unit and a prevention and psychological orientation unit.

Contacts for scheduling an appointment:

- By email: santeetudiante@psl.eu
- By phone: 07.76.08.63.28



Dauphine - PSL :

Address: Place du Maréchal de Lattre de Tassigny, 75016

General Practitioner: Tuesday, Wednesday, Friday

Psychologist: Tuesday, Wednesday, Thursday afternoons

Mazet Center:

Address: 5 rue André Mazet, 75006

General Practitioner: Thursday

Psychologist: Monday morning, Thursday, Friday



IV. INFORMATION ABOUT THE DIFFERENT CENTERS

C. QARE SERVICE

PSL University allows students to consult a doctor via video without having to visit the office and without upfront costs, 7 days a week, from 7 AM to 11 PM. The consultations are free of charge, only the health insurance card is required.



After registering at Chimie ParisTech, an email is sent by Qare to the student email address to activate the account. It is necessary to enter the social security and health insurance numbers to complete the registration and fully access the service.

You can make an appointment with a practitioner in over **40 specialties**, including general medicine, dermatology, addiction, nutrition, cardiology, gynecology, sexology, and sports medicine. There is no limit to the number of consultations.

It is also possible to complete a preventive medical visit through this service, in consultation with a general practitioner. The steps to follow are detailed on the **dedicated pages**. As with an in-office appointment, the choice of doctor and time is left to the user. At the end of the video consultation, a prescription is issued if necessary.

IV. INFORMATION ABOUT THE DIFFERENT CENTERS

D. CeGIDD

Medical teams provide listening, information, and care, whether it's for general medicine or screening for certain diseases (tuberculosis, AIDS, STIs). It is possible to consult, receive medical care, and get tested for free, either anonymously or not, at the medico-social centers (CMS) managed by the City of Paris.

More information

CMS de Belleville :

Address: 218 rue de Belleville 75020 Paris -

Phone : 01 40 33 52 00 - Metro : Télégraphe (line 11) ou Place des Fêtes (line 11). Bus : n° 60 (Pixérécourt).

Services: Screening and prevention, with rapid tests available, pulmonology for certain districts, general medicine for Parisian residents in need, vaccination, medico-psychological consultations for 18-30 year olds, and social and psychological support.

Opening hours of the center:

Tuesday and Friday: 8:30 AM - 5:00 PM (last reception at 4:30 PM)

Monday, Wednesday, and Thursday: 8:30 AM - 7:00 PM (last reception at 6:30 PM)



CMS de Ridder

Address: 3 rue de Ridder
75014 Paris

Phone : 01 58 14 30 30 - Metro :
Plaisance (line 13). Bus : n° 62.

Services: Screening, medico-social walk-in services for adults and young people aged 16 to 25, and family planning and education.

Opening hours of the center: Monday,
Wednesday, and Friday: 12:00 PM - 5:30 PM
Tuesday and Thursday: 9:00 AM - 5:30 PM
Saturday: 9:15 AM - 11:15 AM

CMS Boursault

Address: 54 bis rue Boursault

75017 Paris - Tél. : 01 53 06 35 60 - Metro :
Rome (line 2). Bus : n° 66 (Legendre), n° 30 (Rome-Batignolles) et n° 53 (Legendre)

Services: Pulmonology (anti-tuberculosis efforts) for certain districts, medico-social walk-in services for Parisians without social coverage, and vaccination.

Opening hours of the center:

Monday to Friday: 8:45 AM - 12:30 PM
and 1:30 PM - 5:00 PM

IV. INFORMATION ABOUT THE DIFFERENT CENTERS

E. COLLIARD SEXUAL HEALTH CENTER

Address: 4 rue de Quatrefages, 75015 Paris

Phone : 01 85 56 00 04

Opening hours of the center:

- Monday, Tuesday, and Wednesday: 8:00 AM - 12:00 PM and 1:00 PM - 6:00 PM
- Thursday: 8:30 AM - 12:30 PM and 1:30 PM - 6:30 PM

The team of professionals is available to listen, inform, and support on topics such as:

- Sexuality and sexual orientation.
- Gender-based and sexual violence.
- Contraceptive methods.
- Abortion.
- Sexually transmitted infections.

The center guarantees the free and confidential nature of services for:

- Minors.
- Adults wishing to maintain confidentiality.
- Individuals without social insurance.

