

PSYCHOLOGICAL AND LEGAL SUPPORT RESOURCES



Confidential professional services are available to listen, support, and assist you. Below is a list of accessible contacts and resources.

If you are facing an emergency or immediate distress, please contact emergency services at **15 (SAMU) or **112**.**



RENNES
SCHOOL
OF BUSINESS

UNFRAMED THINKING



PSYCHOLOGICAL AND LEGAL SUPPORT RESOURCES

LISTENING SERVICES FOR STUDENTS

SOS HELP ENGLISH	Free, anonymous and confidential listening	7/7 3 pm - 11 pm	01 46 21 46 46
FIL SANTÉ JEUNES 12-25 YO FRENCH	Free, anonymous and confidential listening	7/7 9 am - 11 pm	0 800 235 236
SOS AMITIÉ FRENCH	Free, anonymous and confidential listening	24/7	09 72 39 40 50
COMMENT ON S'AIME FRENCH	Exchange with professionals, advice on topics related to emotional and sexual relationships	Monday - Thursday 10 am - 12 am Friday - Saturday 10 am - 9 pm	commentonsaime.fr

PSYCHOLOGICAL SUPPORT

WELLNESS CORNER RSB FRENCH & ENGLISH	Space dedicated to your well-being and mental health at school (online or on campus)	Availability visible on the Aloha website	Aloha website, "Make an appointment"
NATIONAL SUICIDE PREVENTION HOTLINE FRENCH	Free, confidential call, for listening, advice, guidance, information if you are in distress and/or have suicidal thoughts, or if you want to help someone who is suffering	24/7	3114
FRANCE DÉPRESSION FRENCH	Listening to and supporting people suffering from depression or bipolar disorder	Monday - Saturday 10 am - 8 pm Sunday 2 pm - 8 pm	07 84 96 88 28
MON SOUTIEN PSY FRENCH/DEPENDS ON THE PROFESSIONALS	National program providing access to consultations with a psychologist (up to 12 per year), covered under certain conditions	Depending on the professionals	monsoutienpsy.ameli.fr/recherche-psychologue

LEGAL SUPPORT

MAISON DES FEMMES RENNES FRENCH & FRENCH SIGN LANGUAGE (LSF)	Offering support, listening, and care for all women who are victims of violence and their children	Monday - Friday 9 am - 5 pm	02 23 06 73 60 or departmental helpline (24/7): 02 99 54 44 88
NATIONAL HELPLINE FOR WOMEN VICTIMS OF VIOLENCES 185 LANGUAGES AVAILABLE	First point of contact for all women who are victims of gender-based violence: domestic violence, sexual violence, forced marriage, violence in the workplace	24/7	3919

