

Studying at University can at times be a source of stress and anxiety. If you feel the need for support or someone to talk to about any issues (not just to do with your academic work), the following resources might be helpful. Please take care of yourselves!

UNIGE RESOURCES FOR STUDENTS' MENTAL HEALTH AND SUPPORT

Étudiant-es relais santé (ERS) provides information and resources to promote the well-being and health of the students of the University of Geneva. Regarding psychological well-being, ERS offer the following resources:

- 1) Consultation Psychologique du Service Santé Étudiant-e allows you to consult a psychologist at the Service Santé Psychologie. Depending on your consultation needs and financial situation, you may be offered up to 20 sessions with a Service Santé therapist or be referred to an external psychotherapist. The interviews can be conducted in French, English, and German. The cost per session (50 mins) is 25 CHF for an individual session or 50 CHF for couples. Appointments are available Monday to Friday from 9:00 to 20:00.
Make an appointment: <https://book.agenda.ch/services/pick/group/4855?companyId=6259>
Address: 10, rue du Conseil-Général (6th floor), 1211 Genève 4.
Email: psychologique@unige.ch
Tel: +41 22 379 13 33 (reception)
- 2) Etudiant Sentinelles is a free peer support group trained to help students struggling with feelings of loneliness, stress, anxiety, or depression.
- 3) Therapeutic groups and workshops are offered by the Student Health Service (Service Santé des Étudiant-es) to help you take care of your mental health.
- 4) Psyline is a free listening and psychological support line available Monday to Friday from 11:00 to 19:00.
Tel: +41 22 379 92 00
Email: psyline@unige.ch

EXTERNAL RESSOURCES

- 1) Minds is an organization that raises awareness about mental health by providing information, creating discussion spaces, and promoting mental health initiatives in Geneva.
- 2) Nightline is a French association that also offers psychological support, helplines, and information on mental health, including first aid kit tools for your mental health.
- 3) La Main Tendue is a helpline for suicide prevention, available 24/7.
- 4) Malatavie is the HUG helpline for suicide prevention, available for people aged 12-25 years.
- 5) Stop Suicide is an association that works to prevent suicide.
- 6) Young Adult Psychiatry Unit is a service for people aged 18-25 dealing with mental health issues.