

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) Antidote is a self-help program developed by the Student Health Service of the University of Geneva in collaboration with the University Centre of Informatics (CUI) and the Department of Psychiatry of the University Hospitals of Geneva (HUG) to prevent and manage depressive and anxious states among the student population. The app can be downloaded for free on [iOS](#) or [Android](#).
- 2) [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](mailto:psychologique@unige.ch)  
Tel: +41 22 379 13 33 (reception)
- 3) [Étudiant Sentinelles](#) is a free peer support group trained to help students struggling with feelings of loneliness, stress, anxiety, or depression.
- 4) [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.
- 5) [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](mailto: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.