

USEFUL CONTACTS AT CERGY-PONTOISE

René Dubos Hospital, 6 avenue de l'île-de-France - 95300 Pontoise, 01 30 75 40 40

UTMIF dental clinic, 10 place des Cerclades, Cergy, 01 30 17 83 83

Filsantejeunes.com (9h-23h, appel gratuit, anonyme) 0 800 235 234

PSYCHOLOGICAL SUPPORT

PassAge
Parvis de la préfecture de Cergy, Allée de l'arcade
01 30 17 42 05 (up to 23 years of age, free),
passage@ch-pontoise.fr

Apsytude, CROUS de Cergy
<https://www.apsytude.com/fr/prendre-rendez-vous/>
06 27 86 91 83 – rdv.apsytude@gmail.com

SEXUALITY AND CONTRACEPTION

You can see your general practitioner or your gynaecologist, or ask for a free consultation:

Family planning centre:

- 3 place de la pergola, Cergy Préfecture 01 34 33 51 80
- Bureau de l'Horloge, 12 rue de la bastide, Cergy Saint-Christophe 01 34 33 51 40

Information on contraception www.contraceptions.org

STIS AND AIDS

To guide and help you:

- Your GP
- AIDS info service www.sida-info-service.org
- 0 800 840 800 (free, anonymous and confidential calls, 24/7)

AIDS and STI screening and treatment centres (CDDS):
CDDS de Cergy, parvis de la préfecture
3 place de la Pergola, 01 34 33 51 83

VACCINATION CENTRE

Free consultations by appointment
List at <https://www.valdoise.fr/453-vaccination.htm>
CDDS de Cergy, parvis de la préfecture
3 place de la Pergola, 01 34 33 51 83

For travellers:

René Dubos Hospital 6 avenue de l'île-de-France - 95300 Pontoise 01 30 75 40 25

VICTIMS OF VIOLENCE

- Police emergency **17**
- National helpline for female victims of violence **39 19**
- Cergy Préfecture police station, 4 Rue de la Croix des Maheux, **01 34 43 17 17**
- Medico-legal units, for reports (a complaint must first be filed at the police station): Pontoise Hospital **01 30 75 54 07**
- "Du côté des femmes" Association (domestic abuse) <http://www.ducotedesfemmes.asso.fr/>
21 Avenue des Genottes- Cergy Saint-Christophe, **01 30 73 18 33**
- CIDFF, Information centre for the rights of women and families, **01 30 32 72 29** Immeuble Ordinal Rue des Chauffours- Cergy-Préfecture www.cidff95.fr

UNIVERSITY HEALTH SERVICE, SSU

A multidisciplinary team of physicians, nurses, psychologists and a dietician will see you in complete confidentiality.

Contact the health service to make an appointment or for any other request: 01 34 25 60 77 • sante@cyu.fr
<https://www.cyu.fr/se-soigner>

YOUTH INFORMATION CENTRE
1 PLACE DES ARTS 95000 CERGY
01 34 41 67 67

OPENING HOURS

Monday to Friday, 12 pm to 6 pm or make an appointment, mornings from 10 am to 12 pm

You can get information over the phone from 10 am to 6 pm, Monday to Friday, or by email cij@cij95.asso.fr

CIJ.VALDOISE.FR



@infojeunes95



@cijvaldoise



@cijvaldoise



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GETTING TREATMENT IN FRANCE

INTERNATIONAL STUDENTS



How does the healthcare system work in France?

Who should you see in the Val d'Oise?



LOCAL HEALTH INSURANCE FUND (CPAM)

The health insurance system in France includes basic health insurance (covered by social security) and optional complementary mutual health insurance, called a “mutuelle”. Registering for social security is free of charge and compulsory for everyone.

YOU HAVE TO REGISTER IF:

- You are a student from outside the European area.
- You are a European student and do not have a European Health Insurance Card (EHIC).
- You are a European student and have an S1 form*.

**The S1 form only concerns citizens of countries of the European Union, the European Economic Area (EEA) and Switzerland. It is a portable document which you have to apply for from your health organisation in your home country, before you leave.*

HOW TO REGISTER?

1

Register on the website:
etudiant-etranger.ameli.fr



Enter the required information:

- Surname / First name(s)
- Date of birth
- Country of birth
- Email address
- French postal address
- Telephone number

Submit your documents:

- Passport/ID
- Residence permit
- Full copy of birth certificate/extract from birth certificate with parentage / document from the consulate
- Certificate of attendance for the current year
- IBAN no.
- Additional documents depending on home



2

Create your personal space

Download your **provisional** social security card



Provide any **missing or non-compliant supporting documents**

Download your **permanent** social security card



3

Set up your **AMELI** account:
<https://www.ameli.fr/>

Use this account to check your reimbursements, carry out procedures online, download your certificates, report a change of situation.



Apply for a health insurance card

- Fill in a health insurance card application online
- Provide supporting documents (ID photo and identity document)
- Order your European Health Insurance Card.

Why?

- To benefit from the best reimbursement of medical expenses
- To be able to be referred to a specialist, if necessary.

How?

Download the GP declaration form from the website www.ameli.fr
This document must be signed by your GP and sent to the CPAM in your department.



Choose a GP

MUTUAL AND COMPLEMENTARY HEALTH INSURANCE

To increase the amount of reimbursement of health expenses, you can take out complementary or mutual health insurance (not compulsory).

HOW TO TAKE OUT MUTUAL HEALTH INSURANCE?

You can request a quote and compare offers from different entities (student mutual health insurance, insurance companies or banks). Make sure that the complementary insurance you choose provides you with civil liability that covers both your private life and your student life. This means you will be covered at your place of study or internship.

COMPLEMENTARY HEALTH INSURANCE (CSS)

With CSS complementary health insurance, your treatment is 100% covered, with no upfront costs, within the limits of the Health Insurance reimbursement rates. It is valid for the entire household for one year and must be renewed every year.

You must meet three conditions to benefit from CSS complementary health insurance:

- have lived in France for more than three months,
- be in a lawful situation,
- have annual income that does not exceed a certain ceiling set each year. To

Know your rights:

<https://www.ameli.fr> --> complémentaire santé solidaire



SEEING A DOCTOR

You can find doctors' contact details and make appointments online on the Doctolib website or mobile app <https://www.doctolib.fr/>.

If you have any questions about sexuality, romantic relationships or methods of contraception, contact a Family Planning clinic (<https://www.planning-familial.org/fr>) for free and confidential consultations.

Women can be prescribed a method of contraception that suits them. Family Planning has clinics throughout France.