

## University health service

**Health prevention is a priority for the entire university community. It contributes to the success and development of students and staff.**

### You are a student

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The University Health Service (SSU) of the UPJV is a free preventive medicine service offered to all UPJV students. A complete range of services is available to meet your health needs:

**Preventive health check-up during your studies at the UPJV:** listening, advice, guidance, audiometric tests, visual tests, verification of vaccinations, overall discussion of your student, family, social and emotional life...

**Study of your disability situation:** if necessary, implementation of compensations for courses, exams, competitions... in collaboration with the assistance to students with disabilities department

**Vaccinations:** **updating** your vaccination record card for your studies but also for internships abroad, medical advice for travellers

**Contraception, emotional and sexual life:** screening and treatment of sexually transmitted infections, implementation and monitoring of contraception, emergency contraception, pregnancy tests, condoms on prescription, marriage and family counselling

**Short-term psychological help:** listening, support, accompaniment (stress, anxiety, lack of self-confidence, self-esteem, doubts, questioning, crisis situations, relational difficulties, adaptation difficulties, etc.)

**Sophrology:** to help you manage your stress, prepare for exams, improve your sleep, regular workshops are offered free of charge. More information at the SSU [or on Facebook](#)

**Addictions:** listening, advice, guidance and specialised consultation for people with addiction problems (tobacco, alcohol, cannabis, drugs, video games, etc.)

**Nutrition and dietetics:** nutritional advice, help with weight loss, food intolerances, advice for sports people; individual consultations with a dietician; nutritional, medical and sports support in collaboration with the [University Department for Physical and Sports Activities \(SUAPS\)](#) for overweight students as part of a joint health and fitness project

**Nursing care:** taking blood, dressing, injection, removal of wires, staples...

Throughout the year, prevention and health promotion activities on the various UPJV sites are carried out by our teams of Student Health Advisers. Trained by health department staff, these students travel to all the campuses to meet students to discuss addiction, risky behaviour, nutrition, sleep, etc.

#### Contact - University Health Service (SSU) of the UPJV

[ssu@u-picardie.fr](mailto:ssu@u-picardie.fr)

#### Follow the news of the health service

<https://www.facebook.com/UPJV.SSU/>

### You are a researcher

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The aim of the Staff Medical Department is to prevent any deterioration in the health of staff due to work, and to preserve the health capital of the individual and the community at work.

It is exclusively preventive medicine:

**upstream of the occupational risk:**by acting on working conditions and reducing risks, thanks to a multidisciplinary team - health and safety engineer, hygienist, occupational physician, ergonomist, etc. ....  
- and the members of the Health, Safety and Working Conditions Committee.

**downstream of the occupational risk:**through early detection of pathologies and care for the injured.

A preventive medicine department for staff is present on all UPJV campuses (except Cuffies-Soissons).

**Contact - Staff Medical Department**  
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