

# Pôle Santé Health Services

DOCTOR - PREVENTIVE MEDICINE

NURSE GYNECOLOGIST

DISABILITY MISSION

PSYCHOLOGIST

INFIRMARY

2025-2026

## UCLy's Health Services

helps you with the different aspects of **physical and mental health** and learning to give you the best chance of success in your university studies.

Throughout your time at UCLy, you will have access to **consultations and individual support**, as well as ad-hoc preventive actions (large scale or in small groups) around student health and well-being (diet, stress management, sleep, etc.)

**Alicia Canova** is your first point of contact. Available and helpful, she will listen to your concerns and point you in the right direction.



Alicia CANOVA,  
Health Services Coordinator  
[pole.sante@univ-catholyon.fr](mailto:pole.sante@univ-catholyon.fr)

📍 Campus Saint-Paul  
Hall C | Ground floor | C025  
04 72 32 51 72

Available Monday through Thursday

## Doctor

Take control of your health and take care of yourself



Dr Marie-Charlotte BOURDEL,  
Doctor  
[pole.sante@univ-catholyon.fr](mailto:pole.sante@univ-catholyon.fr)

Drop-ins	
📍 Campus Saint-Paul Health services Hall C   Ground floor   C029	Thursdays 3pm to 5pm
📍 Campus Carnot Health services Hall L   Ground floor   L050	Mondays 2pm to 4pm

### Why do we need a preventive healthcare department at UCLy ?

Doctor Marie-Charlotte Bourdel is on hand to provide medical advice and information all year round, offering preventive consultations as well as helping with any other issues regarding vaccinations, addictions, sexual health, mental health, or providing medical advice when needed.

#### Not yet registered with a GP

~ General medical advice  
~ Medical check-ups for international students

#### Health check

A consultation during the 1<sup>st</sup> year to review your health

#### Disability

Special arrangement requests

#### Consultations

~ Mental health  
~ Vaccinations  
~ Addictions  
~ Sexual health

Want to make an appointment with the doctor ?  
[www.rdu-med.fr](http://www.rdu-med.fr) | Code : Aéo540

## Infirmary



Sonia REZZIK,  
Nurse  
infirmierie@univ-catholyon.fr  
04 72 32 51 72  
06 58 36 59 78

Visits without an appointment :	
📍 Campus Saint-Paul Health Services Ground floor   Hall C   C029	Tuesdays 7:30 am to 4pm
📍 Campus Carnot Health Services Ground Floor   L050	Fridays 7:30 am to 4pm

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Sonia Rezzik, campus nurse, is available for drop-in visits for minor everyday **ailments, vaccinations, occasional advice, and to help the doctor** with student check-ups.

She will refer you to the doctor or other medical professionals as needed.

The campus nurse organizes and participates in **prevention and health education workshops**.

## Nurse Gynecologist



Mathilde RITZ,  
Nurse gynecologist  
pole.sante@univ-catholyon.fr  
04 72 32 51 72

📍 Campus Saint-Paul | Ground floor | Hall C | C029

Days present : 08.28, 09.04 et 09.11, 10.02 et 10.30, 11.13 et 11.20, 12.04 et 12.11

Attendance dates for the second semester will be announced at a later date.

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Mathilde Ritz, nurse gynecologist, offers students a free, confidential medical gynecology consultation.

Advice, examination if necessary (not systematic, not compulsory), and a referral to a specialist if required.

- ~ Sexual health, STI/STD prevention and screening,
- ~ Contraception, prescription renewal, follow-up (pill, IUD),
- ~ Menstrual and gynecological pain (dysmenorrhea, vulvodynia, vaginismus),
- ~ Lower genital infections, screening, treatment.

Want to make an appointment with the nurse gynecologist ?  
pole.sante@univ-catholyon.fr

## 'Mission Handicap' Disability Service

Promoting success for everyone, for an inclusive university



Angélique HÉNAULT,  
Mission Handicap Coordinator  
mission.handicap@univ-catholyon.fr  
📍 Campus Saint-Paul | Ground floor  
Hall C | C026

### The 'Mission Handicap' Disability Service is aimed at:

- ~ students who have already benefited from some form of assistance or accommodation during their school career, whether for exams or studies
- ~ students who have never taken any particular steps, but who are encountering difficulties in their studies due to health problems or persistent disorders (learning difficulties, mental health, etc.)
- ~ students who have a temporary impediment during the year (fracture, hospitalization, etc.).

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### Want to make an appointment with Mission Handicap?

www.rdu-med.fr | Code : BB6651

This approach is **confidential, voluntary, individual** and **personalized**. The support offered follows your pace of study (an annual assessment is proposed) and is tailored to your profile, coursework and future plans. Mission Handicap is the point of contact and follow-up with your program of study.

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### What is considered a disability ?

Several types of special needs are affected by disability: learning difficulties, mental health struggles, hearing/visual impairments, motor disabilities, and more.

### How can I find out more ?

Talk with the Mission Handicap coordinator or read more in the FAQs on the student intranet (under Student life/Health and disability)

### When should I make an appointment ?

As soon as possible to avoid falling behind in your studies.

**Please note :** A 7-day waiting period is required for practical implementation.

To begin the process, two successive and mandatory appointments are required.  
Set an appointment via the platform

[www.rdu-med.fr](http://www.rdu-med.fr)

1

### Dr Marie-Charlotte Bourdel,

CDAPH (practitioner code A60540) to determine your situation. All requests must be justified. Please bring medical or paramedical documents, medical reports and speech and language assessments to your appointment.

2

### Angélique Hénault,

Mission Handicap coordinator (practitioner code BB6651), will study your needs and liaise with your school.

## The 'Point Écoute' Counseling Service

A place to speak and be heard



Ludovic CARON,  
Psychologist  
point.ecoute@univ-catholyon  
04 72 32 51 72

📍 Campus Saint-Paul | Hall C | C030

Available Tuesday and Thursday  
afternoons between 12:45pm and 6pm

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Ludovic Caron, a psychologist from UCLy's Student Health Services, is on hand all year round at Point Écoute ('The Listening Place') to welcome you and offer you support.

Depending on your difficulties, and to help you get through the tricky times of student life as smoothly as possible, you can make use of this free, confidential and secure place to talk. In a psychologist's office, you can talk about any subject and express your feelings about past, present, or future stressful situations.

Whether you're simply curious or you have specific questions in mind, you can come and meet Ludovic Caron in a setting designed to be as accessible as possible; a place that will enable you to take that first step towards a helping relationship.

One of the objectives of the Point Écoute is to enable each student to find answers that corresponds to their questions, and to be able to leave with ideas and perspectives.

Want to make an appointment with the counselor ?  
[www.rdu-med.fr](http://www.rdu-med.fr) | Code : AU0775

More information



[intranet.uclv.fr](https://intranet.uclv.fr)

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