



**RÉPUBLIQUE
FRANÇAISE**

*Liberté
Égalité
Fraternité*



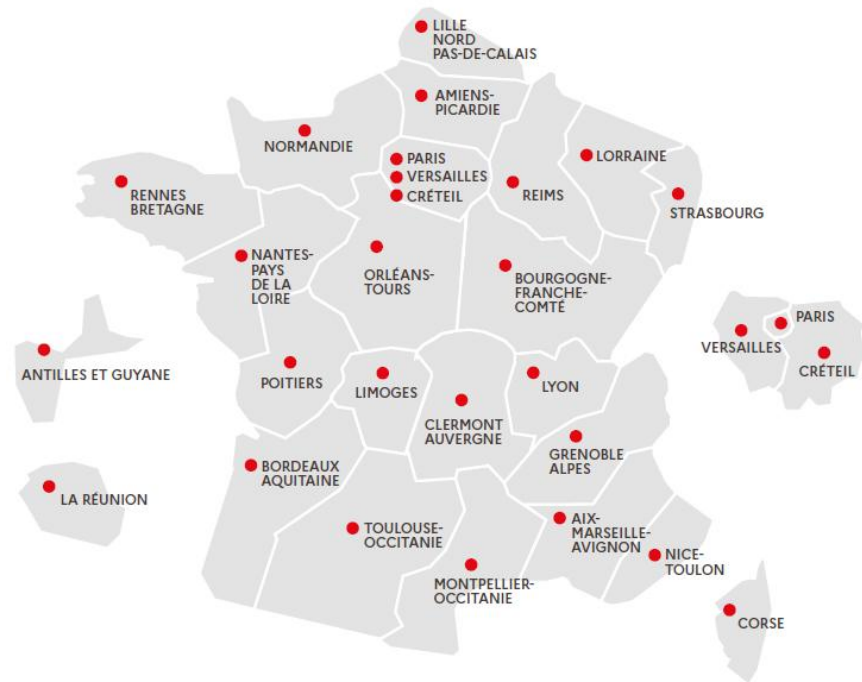
A STUDENT MENTAL HEALTH COUNCIL IN NORD PAS DE CALAIS

Cnous and Crous Nord Pas de Calais...

1 CNOUS - 26 CROUS across France

4 main missions :

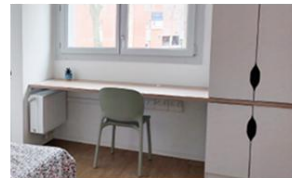
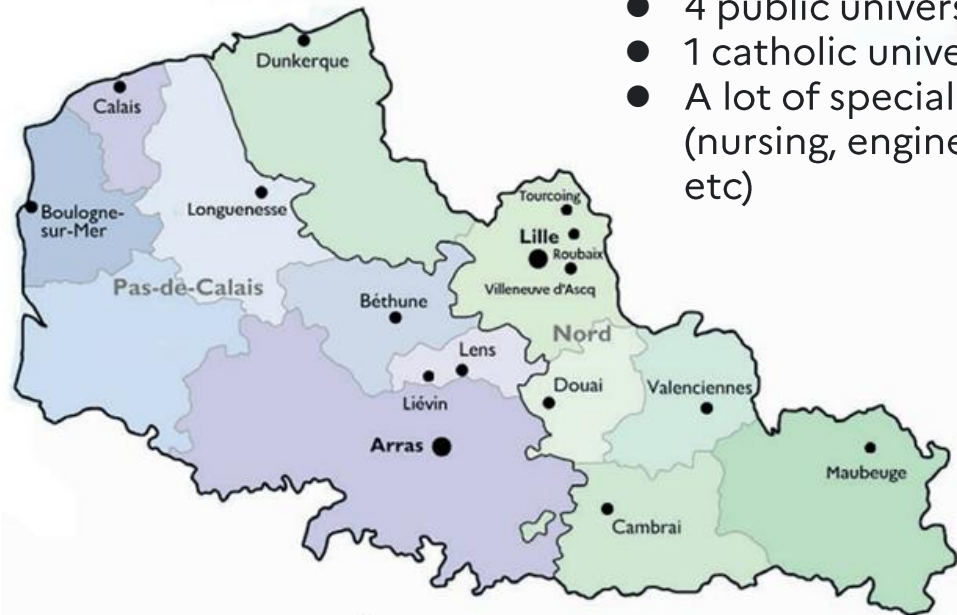
- University catering services
- Student housing
- Social and financial support
- Campus culture and student life



Crous of Lille Nord-Pas de Calais

200 244 students

- 4 public universities
- 1 catholic university
- A lot of specialized schools (nursing, engineering, social work, etc)



The Crous of Lille :

- 3,6 million meals served per year
- 50 student residences
- 9703 housing units
- 22 social workers

Why a Student Mental Health Council ?

Specific Issues to the Student Population :

Students may face a range of challenges that can affect their mental health, including :

- Being away from family and familiar support networks, even exile
- Lifestyle and environmental risk factors (sleep, nutrition, substance use...)
- Financial hardship and insecurity
- Emerging mental health conditions
- Difficulties accessing healthcare and support services
- Increased risk of suicidal thoughts and behaviors



Key issues

The CROUS Social workers regularly support students facing mental health difficulties. In their day-to-day work, they are confronted with psychological and emotional issues, highlighting the importance of providing appropriate support and resources for students.

Creation of the Student Mental Health Council (CSME)

Crous social workers do not always have the specific expertise needed to provide the most appropriate support for students facing psychological difficulties.

Universities are responsible for student health services (not specifically for mental health support)

Mental health services (specialized hospitals, psychological support centers...) are organized by geographical areas. These services are often poorly known to the general public and especially to students.

Early 2020 : a partnership was established between the University of Lille, the Crous of Lille, and the Lille Metropolitan Public Mental Health Institution (EPSM).

Goal : to coordinate efforts around students' mental health needs.



The Student Mental Health Council (CSME)

CSME: A multidisciplinary and multi-institutional partnership:

- Crous of Lille
- University of Lille
- EPSM Lille Metropolitan Public Mental Health Institution
(with financial support of ARS – Regional Health Agency)



- **Coordinate** stakeholders to better support students
- **Facilitate** access to psychiatric care for students → ESOPE
- **Training** initiatives (such as Mental Health First Aid), awareness-raising activities, etc.

The Student Mental Health Council

Concrete examples of collaboration :

- Psychiatric nurses and psychiatrists hold **regular consultation sessions** in student residences and at CROUS facilities.
- CROUS staff (such as residence administrators and maintenance personnel) and university staff have been jointly trained in **Mental Health First Aid**.
- Social workers dealing with a student experiencing mental health difficulties can immediately consult a **mental health specialist for guidance and support**.
- A student identified by the director of a university residence can be referred **more quickly to a community mental health center** through the support of the EPSM.
- A student with specific mental health needs identified by the university health service can **benefit from appropriate accommodation in a student residence** or receive tailored social support.



Postvention at the Crous of Lille

→ Refers to the measures implemented following a suicide.

Objective: To prevent or mitigate the impacts when a suicide or suicide attempt occurs.

In 2021, as part of the Student Mental Health Council (CSME), the CROUS of Lille received training and implemented a postvention plan through the Papageno Program, a national suicide prevention initiative focused specifically on reducing the risk of suicide contagion.

- Identification of designated resource persons and volunteers to form the postvention response team.
 - Staff training conducted in December 2021 and January 2025.
- Development and implementation of a postvention plan in early 2022, with coordination with the University of Lille's response team

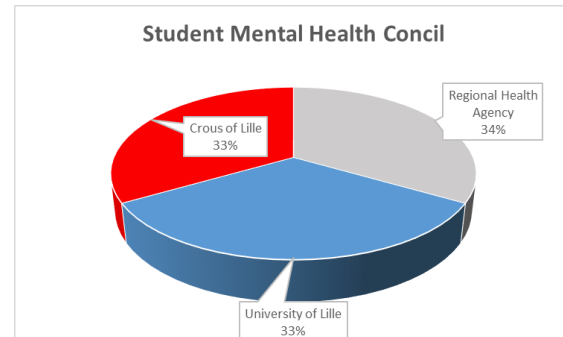
- A structured protocol that guides and facilitates Crous interventions
- Better consideration of the impacts and consequences
- Debriefing and review sessions to improve the approach

Funding of the Student Mental Health Council

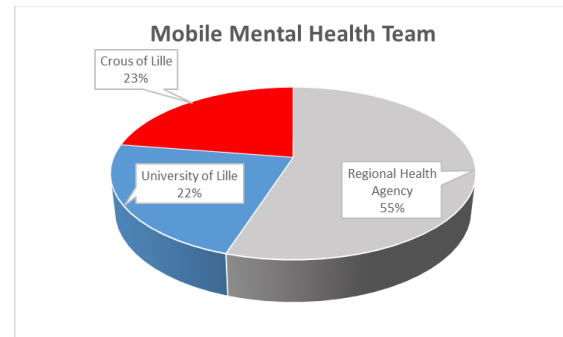
Funding

- Student Mental Health Council : 75 000 € in total
 - **25 000 € Crous**
 - 25 000 € University of Lille
 - 25 000 € Regional Health Agency

This allows funding for a CSME coordinator position.



- ESOPE (Mobile Mental Health Team) : 628 000 €
 - 55% Regional Health Agency
(for Lille Metropolitan Public Mental Health Institution)
 - 45% University of Lille and Crous,
that is **116 000 € pour le Crous**



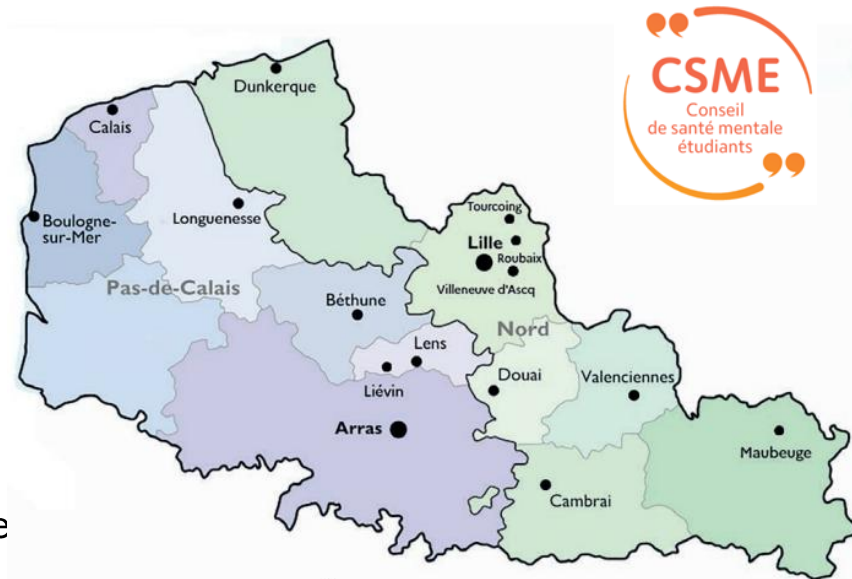
That is **141 000€ in total, financed by the Crous**

Future directions

- 2025: Expansion of the Student Mental Health Council (CSME) approach to other universities and areas across Nord–Pas-de-Calais :

- Integration of the Catholic University into the Lille Student Mental Health Council.

- Development in the Valenciennes area (Valenciennes, Cambrai and Maubeuge), in Artois (Arras, Béthune, Lens, Liévin and Douai), and along the Coastal area (Boulogne, Calais, Dunkerque and Longuenesse).





Retrouvez-nous sur



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