



SANTÉ / SOCIAL MÉMO ÉTUDIANTS

TOULOUSE Affective and sexual life

Contraception/Sexually transmitted infections/Screening/Consent/Need to discuss

Services with no upfront fee and totally confidential

Why does the Simpps have a sexologist doctor ?

Where can you get any information about emotional and sexual life ? Where to consult when you ask yourself the following questions: "am I normal (I think my penis is too small or I have small lips that I don't like...)" "I didn't say 'yes' to this sexual relationship, I feel dirty » "I never feel pleasure, why? "I don't 'hold' long enough during intercourse, how do I learn?" "I thought making love was like what I saw in porn movies... And now sex disgusts me." It is to all these kind of questions that the sexologist doctor can answer at the Simpps.

To make an appointment with the Simpps sexologist doctor

- Nursing reception : 05 61 55 73 59 / 73 60

To make an appointment at your Simpps center and benefit from a nursing consultation, a medical consultation (STI screening prescription, vaccinations, etc.), social support, consultations with psychologists, nutritionists, etc.

To make an appointment with the Simpps

- UT1 Center : 05 61 63 37 25 / 05 61 63 37 49
- UT2J Center : 05 61 50 41 41 / 05 61 50 38 61
- UPS Center : 05 61 55 73 67 / 05 61 55 73 59

Sex Appel or Sex Call

Not sexology courses, but reflections about the first times, desire, pleasure... 10 minutes podcasts hosted by the Simpps sexologist doctor : <https://welcomedesk-archive.univ-toulouse.fr/sex-appel-mieux-vivre-sa-sexualit-podcast>

Centre Départemental de planification et d'éducation familiale (Departmental Center for Family Planning and Education) : CDPEF

Contraception, abortion, morning after pill, information, gynecological consultations.

Make an appointment during the CDPEF hotlines at Simpps

- ▶ UT1 Center : Tuesday morning : 05 61 63 37 25
- ▶ UT2J Center : Monday and Wednesday morning : 05 61 50 38 61
- ▶ UPS Center : Monday and Wednesday morning: 05 61 55 73 67

Find out more on ▶ https://www.haute-garonne.fr/system/files/2019-12/plaquette_cdpef.pdf

Centre Gratuit d'Information de Dépistage et de Diagnostic or (Free Information Center for Screening and Diagnosis) CeGIDD

Consultations, screenings, TROD, Prep. by appointment only, Monday to Thursday from 9 a.m. to 12:30 p.m. and from 1:30 p.m. to 4:15 p.m.

- ▶ 05 61 77 80 32 (number to call also in case of emergency)
Hôpital La Grave - Cité de la santé – Place Lange – Toulouse. Métro St Cyprien

University Hospital Forensic Medicine Service

In case of an assault, contact the forensic medicine service as soon as possible.

- ▶ Rangueil Hospital : 05 61 32 29 70

CéSaMe

Centre Enipse Mental Health Resource Center for LGBT+ public

- ▶ 7 rue du Puits clos – Toulouse ▶ 05 34 66 81 48 / 06 42 38 74 97 ▶ cesame.occitanie@enipse.fr

Anti Harassment cells

To speak, to be accompanied, in discretion, and also to find out about the possibilities of acting against the **violence suffered** or which you witness, **contact the cell of your educational establishment.**

You will find the email addresses on their website.

National System

Anonymous and free national toll-free number, dedicated to questions relating to **contraception, sexuality and voluntary termination of pregnancy**. This unique national number : 0800 08 11 11, is accessible from Monday to Saturday between 9 a.m. and 8 p.m.

Student Associations

Afutée (means Sharp)

The **Feminist** Association of Universities and Schools of Toulouse aims to fight against all forms of discrimination, sexual and sexist violence, LGBTQI + phobia with an intersectional approach and to help victims or witnesses.

Permanences, conferences, campaigns within Toulouse universities

► <https://www.facebook.com/asso.afutee>

Jules et Julie

Student association for the defense of LGBTQI+ rights, whose objectives are to create friendly places where everyone feels good, to inform on LGBTQI+ issues and prevention.

Permanences within Toulouse universities and in the city center. ► <https://www.julesetjulies.fr/>

Professional associations

AIDES

French association for the fight against HIV and viral hepatitis. The association **conducts information actions, prevention, screening, support and mobilization actions** for people affected by HIV and hepatitis. ► 05 34 31 36 60

Act'Up Sud-Ouest

Association for Prevention and Risk Reduction in the festive environment (with stands and preventive items : condoms, earplugs...) and social permanence and support for ill people, discriminated because of their serological status, their sexual orientation and/or their gender identity, advocacy, demonstrations.

► 05 61 14 18 56 ► <http://actupsudouest.org/>

Enipse

Sexual health, screening, prevention, psych consultations, discussion groups, sophrology, etc. for **LGBTIQ+ public**

► <https://www.enipse.fr/>

SOS Homophobie

► 01 48 06 42 41 ► www.sos-homophobie.org

Anonymous help line Monday to Friday: 6 - 10 p.m. - Saturday: 2 - 4 p.m. - Sunday: 6 - 8 p.m. Listening chat Thursday: 9 - 10.30 p.m. - Sunday: 6 - 7.30 p.m.

ASQF Association pour le Soin queer et féministe / For queer and feminist care

► <https://www.facebook.com/Associationpourlesoinqueeretfeministe>

Association France Victime

The team of professionals, lawyers, psychologists and social workers support you free of charge and in complete confidentiality

► 3, place Guy Hersant, Toulouse ► 05 62 30 09 82

Prostitution Association – Sex workers associations

Movement of the Nest

1901 Association of public utility fighting against the causes and consequences of prostitution. The Mouvement of the Nid works for gender equality, fights against violence against women, calls for the accountability of "customers" and the abolition of the crime of soliciting. Approved by the State to provide training to get out of prostitution, preventive actions in schools

► <http://www.mouvementdunid.org/Delegation-de-la-Haute-Garonne>

► 06 38 75 10 29

Grisélidis (Toulouse)

Grisélidis is a community health association with and for sex workers. The main missions of the association are the fight against HIV, Hepatitis and other STIs; health inequalities; access to rights; the fight against violence and stigmatization.

► <http://griselidis.com/>

Resources

Sites aimed for young people on sexuality and all that surrounds it :

- <https://www.onsexprime.fr/>
- <https://www.etudiant.gouv.fr/fr/questions-de-sexualites-187>
- <https://www.questionsexualite.fr/>

Sites for users concerned about HIV, hepatitis and testing :

- <https://www.sida-info-service.org/>
- <http://www.hepatites-info-service.org/>
- info-ist.fr/depistages/

SIDA INFOS SERVICES (HIV) ► 0 800 840 800
free call

MALTRAITANCE (Abuse) ► 119
24/7 free call

IVG (abortion) ► 0 800 08 11 11
► www.ivg-gouv.fr

Short and funny video about consent: The cup of tea and consent:
https://www.youtube.com/watch?v=S-50iVx_yxU

