**What is Eléas?**Founded in 2003, Eléas is an independent consulting firm, which specializes in the management of the quality of life at work and the prevention of pyschosocial risks. It provides psychological support and assistance for individuals who are facing difficult situations using remote and on-site facilities.

Eléas adheres to an ethical charter, which maintains the utmost respect and confidentiality. Eléas is IPRP-accredited (*Intervenant en Prévention des Risques Professionnels* - Occupational Risk Prevention Facilitator) and is registered with the local DIRECCTE d'Île-de-France employment authority.

**A service for Institut Mines-Télécom students**

In order to provide help and support for those in need, the Institut Mines-Télécom has set up a psychological support hotline, which is at your disposal. Open 24/7, to all students, this hotline is operated by clinical psychologists within the Eléas firm and which specializes in the management of the quality of life at work and the prevention of pyschosocial risks.

**The Support Hotline Number
0 800 498 918 (toll-free number)**

- A free-of-charge service - 24 hours a day, 7 days a week
- Professionals who are at your service- Guaranteed confidentiality **Contact our DPO (Data Protection Officer)**For all questions concerning the personal data we process, you can contact our DPO representative either by post:

ELEAS
Attn: Data Protection Officer -
2, avenue Pasteur 92130 Issy-les-Moulineaux,

or by email: dpo@sestidf.fr

Our personal data protection policy is accessible at the following web page: [www.eleas.fr/protection-des-donnees-personnelles](http://www.eleas.fr/protection-des-donnees-personnelles)

**When to call**
If you are experiencing difficulties and would like to talk about it, the psychological support service is here to help you. Eléas can assist you in case of:
Stress, anxiety;
Addiction;
Conflict;
Family problems;
Difficulty in decision making;
Etc.

**Objectives of the psychological support service**
- To support and assist you with your difficulties.
- Explore appropriate solutions with you that are tailored to your situation.

**The service we provide**
- Terms and Conditions of Support
- A contact number, which is accessible 24 hours a day, 7 days a week.

- Free calls from all landlines and cell phones.
- Immediate, or as quickly as possible, psychological assistance.

**Professionals at your service**Telephone consultations are carried out by psychologists or experts in occupational psychology who specialize in support and counseling.

**Confidentiality guaranteed**
All Eléas counselors are bound by professional confidentiality. The interviews are strictly confidential and anonymous.

**Advantages**
- An opportunity for individual expression in a neutral space.
- Protection of your personal stability in difficult situations.
- Experienced and committed professionals for whom every call is important.