



Psycho-social risks: ESSCA School of Management commits to the well-being of its students

The well-being and personal development of its students is a major priority for ESSCA School of Management. Since 2010 the school has introduced several preventative measures, which have been expanded from one year to the next. A multi-year plan for psycho-social risk care has thus been implemented, via a series of surveys, counselling units, and targeted initiatives. The school is upping its efforts with the launch of new tools in order to offer the best possible student experience.

ANAMNESE: analysing problems encountered to provide the best solution

In order to continue its efforts in support of the well-being, personal development, and success of its students, **ESSCA School of Management** has set up a platform enabling it to centralise all initiatives implemented to prevent against psycho-social problems, **thanks to the e-health application developer ANAMNESE**. The aim is to enable the school to map out the needs of its students, in an individual and collective manner, to find solutions and track the progress of their mental health on the school's various campuses.

“Joining forces with Anamnèse represents for us a genuine chance to improve our preventative policy. This new partnership provides an opportunity to bring our preventative care measures for student well-being into a more modern phase and one that is better adapted to our students. The whole set-up is a welcome addition to all the initiatives already implemented and will make it possible in the future to improve the student experience across our 8 campuses”, states Hadrien Robidas, Head of Student Preventative Policy at ESSCA School of Management.

PREVANA: analysing the mental health of pupils and facilitating dialogue with health professionals

The **PREVANA-RPS** solution, also offered by Anamnèse, makes it possible to provide the school with key indicators in order to devise a preventative policy. All students are invited to answer a questionnaire covering several areas: the rhythm of studies, organisation, autonomy, relations between students, and student life. Following this survey, ESSCA School of Management will be in a position to quantify the various criteria that contribute to the improvement or deterioration of student well-being.

Beyond this mapping phase, the aim of ESSCA School of Management is to use this solution to develop its guidance service and prioritise dialogue between students and health professionals made available by the school.

Accessible via the “My ESSCA” application or by QR code, **the PREVANA solution also enables students to quickly reserve appointments online with the school’s counselling units**, facilitating access to care services. In total, **5 psychologists are running the counselling units** on the Aix-en-Provence, Angers, Bordeaux, Paris, and Lyon campuses. The health professionals are available one day a week and additional slots are also offered in their surgery or in remote consultation format.

Remote consultations with psychologists in 6 languages for international students

In 2020, ESSCA School of Management also set up a partnership with Alliance C, a psychology consultancy making it possible to improve the quality of student life. Thanks to a team of bilingual health



professionals, **this tool will enable the school to offer international students a financially assisted psychological service, via remote consultations available in 6 languages.** The consultations are covered by the school in order to lift the financial barrier to care services.

Over time, the school has observed **an increasing need** for these types of services. In one year, the 5 psychologists and health professionals from the Alliance C consultancy have conducted close to **1,000 consultations** with ESSCA School of Management students.

A call for tender to raise the quality of student life

In 2022, ESSCA School of Management announced a major call for tender, offering students the chance to launch various initiatives in order to improving living conditions on all campuses. These projects may concern stress management, catering, sporting activities, or the creation of a healthier collective environment via tackling issues of discrimination or sexual violence.

A €35,000-euro budget will be allocated by the school to support more than 35 projects between the months of February and December 2022.

The final step in the plan is the creation of **student associations dedicated to preventative measures** in order to boost and strengthen the participation of all ESSCA School of Management stakeholders and thereby take the best possible care of the well-being of over 7,000 students.

About ESSCA School of Management

Now 112 years in existence, ESSCA School of Management offers a range of courses in marketing, business, finance, HR, digital and consulting. It is a member of the Conférence des Grandes Écoles and delivers a nationally endorsed Bac+5 Master's-level diploma as well as a Bachelor in International Management, a Specialised Master's and a Master of Science. A non-profit 1901 association and EESPIG-certified, ESSCA School of Management is part of the 1% of business schools worldwide to hold AACSB, AMBA and EQUIS triple crown accreditation status, thanks to the excellence of its programme portfolio, international exposure, and close ties with the corporate world. The school currently comprises a 17,000-strong alumni network present around the world. Established on 8 different campuses in France and abroad (Aix-en-Provence, Angers, Bordeaux, Lyon, Paris, Strasbourg, Budapest, and Shanghai), the school delivers a broad range of curricula in tandem with a large-scale network of partner universities in 56 countries. The Grande Ecole programme can also be taken in continuing education format. The school also offers a selection of training programmes specially designed for executives, managers, and operational teams.

www.essca.fr/en/

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