



Lou Pitchoun

Solidaire

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Where to Sleep?



Emergency Shelter: 115

115 is a social emergency number staffed 24/7. This free number can be reached from any phone even without credit.

115 will direct you to an emergency shelter or a social hostel, depending on your situation and availability.

This helpline which is provided by the County is a 24-hour emergency line (Monday to Sunday) run by the ALC Association.

115 is responsible for homelessness support and care and does not provide access to permanent housing.

CCAS Abbé-Pierre Night Emergency Shelter

(24/7): (map No. 2).

33 and 35 rue Trachel - Phone: 04 89 98 20 14 - Men: (84 places).

- Women: (15 places).

Open all year round. Shelter from 5pm to 9am.

For men: (check-in / intake / admission) from 5pm to 6:15pm.

New arrivals can register from 5pm and access the premises from 6:15pm (if places are available).

For women: check-in from 5pm to 6pm.

New arrivals can register from 5pm and access the premises from 6pm (if places are available). Social workers and a therapist are available in the evenings. The shelter is free for the first week, then €2.50/night (means-tested).

Proof of identity is required.

Accommodation includes access to showers, storage, evening meals and breakfast.

Pets not allowed.

CCAS El Nouzah Night Shelter:

17 rue El Nouzah (map No. 4).

This shelter is open during the winter period from December 15 to March 31.

Check-in from 6.15pm.

Free accommodation with 38 male beds.

Services offered:

Evening meals and breakfasts; communal lounge with

TV and wifi; sanitary facilities (showers/toilets) and storage.

Breakfast is offered all year round *from 7.30am to 9.30am.*

Breakfast and sanitary facilities are also available to non-guests.

Halte de nuit (Fondation de Nice)

Bruno Dubouloz (map No. 3).

Arrive at **5pm** to 3 and 8 Balatchano Street.

Phone: 04 93 91 90 08.

Open all year round.

Shelter from 5pm to 7.45am.

- Women(17 places) – Men (26 places).

This is an immediate and anonymous housing scheme.

For adults only, pets welcome.

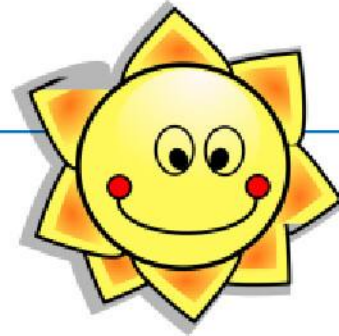
No financial contribution required.

Length of stay: overnight up to 1 month renewable under conditions.

Services available: Evening meals and breakfasts, toilets, showering and laundry facilities, storage, computers, wifi.

Services available to outside guests (*from 6pm to 7pm and from 6am to 7.45am*): showering facilities, phone charging, snacks, meals, breakfasts.

Day Centres



CCAS Le Phare Day Centre

14 avenue du XV^e corps (map No. 4).

Phone: 04 93 62 80 91

One-stop service for those without stable housing.

Open daily, Monday to Friday, 9am to 4pm.

Please note: closed every other Tuesday afternoon.

Services available to guests of the day centre: First aid support.

Advice on rights.

Reintegration projects.

Toilets and shower facilities.

Therapeutic, social and medical support.

Free, secure luggage storage and daily luggage drop-off service.

Computers, wifi, telephones.

Opening hours vary depending on services required.

Secours Catholique - L'étape Fraternelle:

23 rue Paganini (map No. 2).

Phone: 04 93 85 61 20

Monday, Tuesday, Thursday, Friday 8.30am to 11am.

Closed on Wednesdays, weekends and public holidays.

Breakfastshower (30 cents), toilets, laundry (50 cents).

Healthcare: Infirmary, AIDES (nonprofit dedicated to fighting HIV and hepatitis), mobile social psychiatry service (EMPP).

After a preliminary interview, people with no resources will be issued with a meal voucher for the Fourneau économique, a voucher for the charitable food banks Habitat et Citoyenneté, and a clothing voucher for the ABI 06 and ALC stores.

Services available by appointment: reception, administrative help, French FLE courses, toiletries, sewing and theatre workshops.

Red Cross:

2 ruelle Saint François ([map No. 3](#)).

Phone: 04 93 62 86 67

Front line social services: *Tuesday and Friday, 9:30am to 11:30am*. Drop-in medical clinic: *Mondays and Thursdays, 2pm to 4pm*. Free checkroom on *Thursdays, 9am to 11am*.

Fourneau économique:

2 rue Badat ([map No. 4](#)).

Phone: 04 93 92 60 44

Tuesday, Wednesday, Thursday, 1.30pm to 5pm.

Abbé Pierre Emergency Night Shelter:

35 rue Trachel ([map No. 2](#)).

Saturdays and Sundays from October 15 to April 15 and all year round during public holidays.

L'Oasis Day Centre

Day centre for homeless women only, address withheld.

Call 115 or 07 67 11 80 57. This centre is staffed only by women *Monday to Friday 8.30am to 4.30pm; Saturday 8.30am to 3pm.*

Breakfast and lunch.

Kitchen, showers, toilets.

Laundry facilities (washing machine/dryer).

Hygiene and clothing kit.

Computer access, printing, wifi, telephones and phone charging.

Living room with TV.

Personalised support services:

On-site social workers, in contact with 115 and reintegration projects.

Consultations with a therapist.

Gynaecological and osteopathic advice.

Legal advice and job coaching.

Workshops: cooking and patisserie, makeovers, relaxation (yoga), art, osteopathy, self-defence, IT and French.

Pass'r'elles Day Centre

Day centre for women victims of domestic violence.

Call 115 or 04 97 13 39 46

Le 44 Day Centre:

44 rue Vernier ([map No. 2](#)).

Phone: 04 28 70 20 37

Daytime service Monday to Saturday, 8am to 5pm, **exclusively for homeless men and families in emergency housing. An information sheet must be filled out.**

Breakfast from 8:30am to 10:30am and lunch from 12pm to 1:30pm. Free catering service.

Dining room (with a kitchen and TV) open from 1:30pm to 5pm.

Showers can be booked in the morning for the afternoon. Laundry facilities (washer/dryer) upon booking the day before.

Hygiene and clothing kit.

Access to a computer, printer, wifi, telephone and phone charging.

Personalised support services:

On-site social worker provides advice on rights.

In contact with 115 and Samu social.

Consultations with a therapist; Sexual health.

Job coaching (CV, cover letters).

Workshops: exclusively for families on *Tuesdays and Fridays*. Cookery, patisserie, makeover and art workshops. Computer workshops (how to use the internet, the pôle emploi, CAF and social security platforms) and French language courses.

Where to Eat?

Breakfast:



Solidarity Breakfast:

17 rue El Nouzah ([map No. 4](#)).

Breakfast every weekend from 7:30 to 9:30.

French Red Cross:

2 ruelle St François ([map No. 3](#)).

Phone: 04 93 62 86 67 Breakfast from 9.30am to 11.30am on Tuesdays and Fridays.

Jorge François Forum:

9 rue Cronstadt ([map No. 1](#)).

Breakfast Monday to Friday 8:30am to 9:30am.

Phone: 04 93 04 34 60

CCAS Le Phare Day Centre:

14 avenue du XVe corps ([map No. 4](#)).

Phone: 04 93 62 80 91 For people attending the day centre.

Breakfast *Monday to Friday from 9am.*

Secours Catholique - L'étape Fraternelle:

23 rue Paganini ([map No. 2](#)).

Phone: 04 93 85 61 20

Monday, Tuesday, Thursday, Friday 8.30am to 11am.

Closed on Wednesdays, weekends and public holidays. Provision of meal vouchers for the Fourneau économique (subject to conditions).

Church of St. John the Baptist:

2 rue Alfred Mortier ([map No. 3](#)).

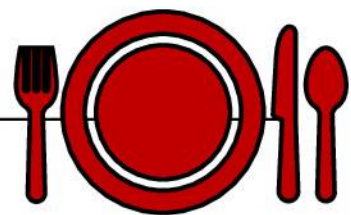
Phone: 04 93 85 35 63 *Breakfast daily from 6 to 7 a.m.*

Le 44 Day Centre:

44 rue Vernier - 04 28 70 20 37 ([map No. 2](#)).

Monday to Saturday, 8.30am to 10.30am.

Lunch



CCAS Le Phare Day Centre,

14 avenue du XVe corps ([map No. 4](#)).

Phone: 04 93 62 80 91 *For day centre guests only.*

Cold lunch Monday to Friday.

Meals at the Abbé Pierre Emergency Shelter on Saturdays and Sundays from October 15 to April 15

and all year round on public holidays.

Salvation Army (map No. 3).

1 rue Guigonis - Phone: 09 64 43 23 40

*Monday to Friday, 11am to 12.30pm (excluding public holidays). **Meals cost €1, free with a voucher. Free through the day centre or night shelter.***

Fourneau économique: 2 rue Badat (map No. 4).

Phone: + 33 4 93 92 60 44

Hot meals cost €1, free with a voucher.

Mondays, Tuesdays, Thursdays and Saturdays from 11:45 a.m. (except on public holidays). Closed July and August.

Jorge François Forum: 9 rue Cronstadt (map No. 1).

Phone: 04 93 04 34 60

Monday to Friday, 12:00 to 13:00.

Free lunch with a meal voucher.

L'Entraide Protestante:

19 rue Maccarani, Nice (map No. 1).

Phone: 07 83 24 53 11

Shared meals on Wednesdays at 5pm; vouchers for the fourneau économique or food packages can be provided (until May 31).

SOS Voyageurs Nice Thiers station (map No. 2):

Distribution of meal vouchers (le Fourneau

économique and Jorge François Forum).

Phone: 04 93 16 02 61

Monday, Wednesday, Friday, 9am to 12pm.

Dinner



Soup Runs and Distribution Service: Schedule

The dates and times of soup runs and distribution service may change throughout the year.



The schedule is updated every month.

Scan this QR Code to see the schedule or download it at: <https://tinyurl.com/maraudes-distributions>

Charitable Food banks- Food Aid

Find all food banks and food parcels at the following address:

<https://tinyurl.com/Aide-Alimentaire>

Drinking Fountain Map:

<https://tinyurl.com/fontaines-nice>

Where to Shower?



Public Showers (free):

6 rue la Halle aux Herbes (map No. 3).

Phone: 04 92 47 78 41 Open Monday to Saturday.

Closed on Sundays and public holidays.

Men from 7am to 9am and women from 9am to 10am.

Free access with proof of ID.

Shower gel, shampoo and towels provided.

CCAS Le Phare Day Centre:

14 av du XVe corps (map No. 4).

Phone: 04 93 62 80 91

Monday to Friday, 9:30am to 11:30am and 1:00pm to 3:30pm (except public holidays) available to the day centre guests.

Shower gel, shampoo and towels provided.

Secours Populaire: 44 rue Vernier (map No. 2).

Phone: 04 28 70 20 37

Showers available upon booking in the morning for the afternoon, Monday to Saturday.

Solidarity Breakfast:

17 rue El Nouzah (map No. 4).

Every day from 7.30am to 9.30am.

Shower gel, shampoo and towels provided.

Secours Catholique - L'Etape Fraternelle:

23 rue Paganini (map No. 2).

Phone: 04 93 85 61 20

Showers: €0,30. Monday, Tuesday, Thursday, Friday
8.30am to 11am. Closed on Wednesdays and public
holidays.

CAARUD Lou Passagin

12 rue Emmanuel Philibert (map No. 3).

Only available to CAARUD beneficiaries.

Night Shelter: Nice Foundation

All year round (map No. 3).

Mornings from 6am to 7:45am or evenings from 6pm to
7pm for outside guests.

Public Showers (fee payable): €1,20

Soap, shampoo and towels provided.

On the Promenade des Anglais at:

Forum Beach (map No. 1).

Beau Rivage beach (map No. 3).

Clothing



Salvation Army Clothing Assistance:

35 blvd Dubouchage ([map No. 3](#)).

Phone: 04 93 80 16 12

Wednesdays and Thursdays from 3pm to 5pm.

Red Cross: 2 ruelle Saint François ([map No. 3](#)).

Phone: 04 93 62 86 67

Thursdays from 9am to 11am, entrance with a ticket (available from the front desk on Tuesdays and Fridays).

The Red Cross Clothing Assistance:

14 rue Parmentier ([Not on the map](#)).

Phone: 04 93 98 95 95

Monday to Friday, 2pm to 5.30pm.

Low price.

ABI 06: 2 Ter rue Spitalieri ([map No. 4](#)).

Phone: 04 93 92 00 44

Monday to Friday, 10am to 6pm.

Low price. Free vouchers if interviewed in advance by Secours Catholique.

Les Armoires de Jorge:

52 rue Buffa ([map No. 1](#)).

Phone: 04 93 04 34 60

Tuesday, Friday and Saturday, 10am to 4pm.

Wednesdays and Thursdays from 10am to 1pm.

Low price.

The Secours Populaire Clothing Assistance:

30 rue Bonaparte, 1st floor ([map No. 3](#)).

Phone: 04 92 00 24 24

Monday to Friday 9.30am to 11.45am and 2pm to

4.45pm. Low price.

Fourneau économique:

2 rue Bada ([map No. 4](#)) - Phone: 04 93 92 60 44

Winter clothing distribution twice a week, subject to availability.

Clothes giveaway:

Winter clothing giveaway by:

Restos du cœur at the day centre and at Thiole on Thursdays.

Semeurs d'Espoir Monaco.

They have a donation clothes truck.

Monthly clothing giveaway on Tuesdays.

Washing Machines etc.



Free laundry:

CCAS Le Phare Day Centre:

14 avenue du XVe corps ([map No. 4](#)).

Phone: 04 93 62 80 91.

For day centre guests: Washing machines (washing powder supplied) and dryers available upon booking.

Secours Catholique – L'étape Fraternelle:

23 rue Paganini ([map No. 2](#)) - Phone: 04 93 85 61 20

Washing machine and dryer (€0.50) Monday, Tuesday, Thursday, Friday, 8.30am to 11am. Closed on Wednesdays and public holidays.

Le 44 Day Centre:

44 rue Vernier ([map No. 2](#)) - Phone: 04 28 70 20 37

Washing machines and dryers available upon booking for guests of the centre only.

Red Cross: ([map No. 3](#)).

2 ruelle Saint François - Phone: 04 93 62 86 67

Washing machine and dryer available upon booking at the front desk on Tuesdays and Fridays.

Public Toilets



Free public toilets:

Jardin Alsace-Lorraine (map No. 1).

Parc Giordan: located on the Francis

Giordan esplanade in front of the Acropolis (map No. 4).

Jardin de la villa Thiole (map No. 2).

Place Arson (map No. 4).

Gardens opening times:

October 1 to March 31, 8:30 a.m. to 6:00 p.m.; April 1 to September 30, 8:30 a.m. to 8:00 p.m.

Fee-paying toilets open 24/7 (€0.50):

Plage du Forum, Plage du Lido, Plage du centenaire, Beau rivage, Albert 1^{er}, coulée verte, cours Saleya, Descente Crotti, Parc du château, Parc Castel des deux rois etc.

Toilet map: <https://tinyurl.com/toilettes-nice>

Free non-public toilets: Carrefour Nice TNL

15, boulevard général Louis Delfino (map No. 4).

Map of public toilets in France:

<https://toilettespubliques.com>

This website shows all public toilets in France.

Administrative Formalities



CCAS: 14 avenue du XVe corps (Map No. 4).

Phone: 04 97 13 30 52

Emergency and social support for guests of the day centre.

Monday to Wednesday, 8.45am to 12.30pm and 1.30pm to 4.45pm. Thursday, 8:30am to 12:30pm.

Friday, 8:30am to 12:30pm and 1:30pm to 3:30pm.

Welcome and guidance sessions (by appointment only) with social workers for people without dependent children and stable housing.

Processing RSA¹ applications. Social support (depending on the audience).

For further information, call 04 97 13 30 52 or go to the front desk.

Habitat et Citoyenneté : 28 rue Dabray (Map No. 2).

All requests should be sent by e-mail:

habitat.citoyennete@gmail.com

Administrative and legal advice available by appointment on *Tuesdays and Thursdays* from *10:30am to 12:30pm and 2:30pm to 5:30pm.*

¹ TN: income support benefit in France.

L'Escale: youth support and listening services.

12 blvd Risso (Map No. 4) - Phone: 04 92 47 67 40

Young people aged 11-25 and/or their parents.

Information, social support, social and professional advice. Open Mondays, Wednesdays and Thursdays from 1pm to 5pm and Fridays from 9am to 1pm.

Out of hours available by appointment.

A hotline is available Monday to Thursday, 8:30am to 5pm, and Friday, 8:30am to 3:45pm.

Secours Populaire: 30 rue Bonaparte (Map No. 3).

Phone: 04 92 00 24 24 - Social support.

Monday to Saturday: 9am to 11:45am and 2pm to 4:45pm.

Secours Catholique – l'étape Fraternelle:

23 rue Paganini (Map No. 3) - Phone: 04 93 85 61 20

Social support: Listening support:

Monday, Tuesday, Thursday, Friday, 8:30am to 11am.

Thursday and Friday, 2pm to 4pm.

Appointments in the morning from 8.30am to 11am.

ALAID Association (Not located on the map).

Phone: 07 49 38 40 02 / @:associationalaid@gmail.com

Help with housing rights: help with DALO² applications.

Facilitate the social inclusion of Portuguese communities.

Thursday and Saturday, 9am to 1pm by appointment.

² TN: French Enforceable right to housing Act.

Postal Address



CCAS Le Phare:

14 avenue du XVe corps (map No. 4).

Phone: 04 93 13 30 52

Physical address service and access to rights advice for day centre guests.

Monday to Wednesday, 8.45am to 12.30pm and 1.30pm to 4.45pm.

Thursday, 8:30am to 12:30pm.

Friday, 8:30am to 12:30pm and 1:30pm to 3:30pm. To request a physical address, schedule an appointment with to front desk.

Mail delivery in the afternoons from 2pm to 4:30pm.

Secours Catholique – l'étape Fraternelle:

23 rue Paganini (map No. 2).

Phone: 04 93 85 61 20 physical address available to under-25s only.

Tuesdays and Fridays from 9 to 11 am and Thursdays from 2 to 4 pm.

French Courses



Red Cross: 2 ruelle Saint François ([map No. 3](#)).

Phone: 04 93 62 86 67. *Tuesday, 2pm to 3:30pm.*

Habitat et Citoyenneté:

28 rue Dabray ([map No. 2](#)) - Phone: 09 53 14 66 86

Upon registration on *Tuesdays and Thursdays.*

Fourneau économique: 2 rue Badat ([map No. 4](#)).

Phone: 04 93 85 14 72 (ask for Bénédicte).

Monday to Friday, 9:00 am to 3:30 pm.

Registration and appointments by phone or in person.

Secours Catholique: 23 rue Paganini ([map No. 2](#)).

Phone: 04 93 85 61 20

Registration on-site *from 8.30am to 11am.*

French courses from *Monday to Friday.*

All levels; assistance with Residence Card and French nationality applications.

Trait d'Union: 20 rue Vernier ([map No. 2](#)).

Phone: 06 09 74 86 37 (Manager Naïma).

AGIRabcd06 (Not located on the map):

50 blvd St Roch Mr Prieur at 06 71 69 94 88 or 06 95 98 86 75 agirabcd06.insertion@gmail.com

Secours Populaire: 30 rue Bonaparte (Map No. 3).

Phone: 04 92 00 24 24 registration and appointments on-site.

Epilogue: 34, blvd Louis Braille (St Roch District)

bâtiment 8, escalier 13 (Not on the map).

Phone: 04 89 22 89 39

Restos du Cœur: 21 rue Dabray (map No. 2).

Phone: 04 93 80 03 67

Monday, 2pm to 5pm; Wednesday, 9am to 12pm and 2pm to 5pm; Thursday, 1:30pm to 4:30pm; Friday, 2pm to 4:30pm.

APIA: 9 avenue de la méditerranée

(Les Moulins District) (Not on the map).

Phone: 09 51 55 42 02 ; contact@association-apia.fr

AFUCA (Association Franco Ukrainienne Cote d'Azur):

455 promenade des Anglais (Not located on the map).

Phone: 09 51 55 42 02

Where to Get Medical Care?



Pasteur 2 Hospital (24/7):

30 avenue Voie romaine (Not located on the map).

Emergency department:

04 92 03 32 13 (secretariat).

For all emergencies: including people without health insurance cover.

Permanence d'Accès aux Soins de Santé or PASS: 04 92 03 32 13

Opening hours: Monday to Friday, 9am to 5pm.

The PASS helps the economically vulnerable with immediate access to healthcare, and assists them in claiming their rights.

The PASS allows a social consultation and an emergency general practitioner consultation for people with no health coverage.

Online consultation - Nice Métropole SAFE G Platform

Call 04 97 13 40 80, 9am to 5pm, 7 days a week.

www.safeg.fr.

Social and medical care helpline.

Medical division: online consultation, referral to local healthcare professionals, medical and medical administrative advice.

Social division: referrals to CCAS, associations, EHPAD, SSR, etc.

Mobile medical units/free consultations:

- **Ordre de Malte**: Doctor, nurse, medication. With or without health coverage.

At the day centre: 14 av. du XVe corps.

Mondays from 10am to 12:30pm and Thursdays from 6:30pm to 8pm.

At the Villa Thiole (Libération): 34 av. Malausséna.

Thursdays from 8:15pm to 9:30pm.

- **MIR**: Medical and dental consultations, doctor.

At the day centre: 14 av. XV corps, *Mondays at 7pm.*

Street nurses (state-qualified).

Distribution of medicines on *Saturday evenings from 7pm to 8pm at the day centre, then at Thiole from 8pm to 9pm.*

Secours Catholique:

23 rue Paganini ([map No. 2](#)).

Phone: 04 93 85 61 20

Infirmary: Receiving, referring and providing first aid.

Adjacent **clinic** to the **order of Malta** open *Tuesdays and Fridays, 9:30 a.m. to 12 p.m.*

Médecins du Monde:

162 rue de France ([map No. 1](#)).

Phone: 04 93 16 59 60

Monday and Friday, 9am to 12pm. Tuesday, Wednesday, Thursday, 9:30am to 12pm and 2pm to 5pm.

Free consultations open to anyone who has difficulty accessing healthcare.

Without an appointment: information, general medicine, prevention and social workers.

With an appointment: dentist and therapist.

Please note: contact us beforehand, as schedules may change from week to week.

Red Cross:

2 ruelle St François ([map No. 3](#)).

Phone: 04 93 62 86 67; consultations with a general practitioner (no appointment required) *on Mondays and Thursdays from 2pm to 4pm.*

From April 3, consultations with a gynaecologist one Monday per month. Call 06 75 79 10 44 to book an appointment

Carrefour Santé Jeunes CG06:

2A rue Raynardi - (Map No. 1).

Young people aged 12-25 without children.

Assessment, nursing and specialist care by appointment only (04 89 04 58 10 or online on Doctolib).

Opening hours: Mondays from 3pm to 7pm and Tuesdays from 9am to 12pm. 2nd and 4th Thursdays, 9am to 12pm and 2pm to 5pm. Wednesday and Friday, 9am to 1pm and 2pm to 5pm.

If you have any questions when the centre is closed, please contact:

fil Santé Jeunes: 0 800 235 236

This GIDD (testing centre for free STI screening and information): 8 avenue Baquis - (Map No. 1).

Phone: 04 89 04 55 60 Testing centre for HIV, STIs, hepatitis B and C, hepatitis B and A vaccine, emergency contraception.

Monday and Wednesday, 9am to 5pm.

Tuesday and Thursday, 9am to 12pm and 1pm to 7pm.

Friday, 9am to 1pm.

LGBTQIA+: sexual health and prevention support; every Friday from 11am to 9pm.

Medical practices / paid consultations

Mandatory health insurance cover.

Open 7 days a week, including on weekends and public holidays, without appointments, from 8:30 a.m. to 10:00 p.m. without interruption.

Nice Lamartine Centre: 39 bis rue Lamartine.

Phone: 04 93 01 28 89 ([map No. 2](#)).

This centre includes a doctor's office, a medical imaging centre, a mobile laboratory, a nursing office, a radiology lab and an orthoptist. General medicine, sports emergencies, traumatology and gerontology consultations for adults and children.

Nice Ouest Centre: 57 av de la Californie.

Lenval hospital ([not on the map](#)).

Phone: 04 92 03 09 40

Nice East Centre (Le Port) ([Map n°4](#)).

24 rue Smolett. Phone: 04 93 89 21 33

S.O.S Main ([not on the map](#)).

Saint-Georges outpatient clinic - 2 av de Rimiez.

Phone: 04 92 26 74 40

S.O.S Dos ([not on the map](#)).

154 rue de France - 06000 Nice 24H/24.
Phone: 06 07 45 02 13

Dental emergencies:

S.O.S Dentaire: (weekends and public holidays)

Phone: 04 93 01 14 14

Paid-consultation Mandatory health insurance cover.

Urgences dentaires:

28 boulevard de Riquier (*Map No. 4*).

Phone: 04 92 03 77 77

*Opening hours: Monday to Friday, 8.15am to 12.30pm
and 1.45pm to 5pm.*

*Sundays and public holidays: treatment at Pasteur 2
hospital from 8:30 a.m. to 6:30 p.m.*

24/7 Psychiatric Centre:

Pasteur 2 Hospital - Level 0

30 avenue Voie Romaine (*Not on the map*).

Phone: 04 92 03 33 58.

The Psychiatric Centre offers emergency psychiatric consultations and psychiatric care for up to 48 hours while awaiting a referral.

Psychiatric and psychological support:

To speak to a therapist or psychiatrist, please contact:

-**The Pasteur hospital:** open on *Wednesdays*.

- **Centres Médico-Psychologiques (CMP) - medical and psychological centres**

- **the Psycarité network and its EMPP (mobile social psychiatry service).**

A representative is available at the XV Corps day centre. See the mobile team every *Tuesdays and Thursdays from 8.30am to 11am* at the Secours Catholique: 23 rue Paganini ([map No. 2](#)).

Phone: 04 93 85 61 20.

Consultation via appointment only.

- **Secours Populaire:**

44 rue Vernier ([map No. 2](#)).

Phone: 04 28 70 20 37 Psychological assistance: free, confidential service. Appointments are by phone as operating days may change.

- **French Red Cross:**

2 ruelle St François ([map No. 3](#)) - Phone: 04 93 62 86 67
Thursdays, 2pm to 3:30pm.

Session with a mental health nurse or a therapist.

Other Health-Related Assistance

Vaccines:

Direction de la santé centre-Ville:

10 rue Hancy (*Map No. 4*).

The city offers free mandatory and recommended vaccinations (diphtheria, tetanus, polio, measles, hepatitis B...).

To book an appointment, please call 04 92 17 44 90
*Mondays and Fridays from 8:30am to 10am and
Wednesdays from 1:30pm to 3:30pm.*

COVID-19 vaccination:

As part of its COVID-19 vaccination campaign, the city has set up areas where you can sign up to the vaccination platform using a dedicated computer:

- 10 rue Hancy: *8.30am to 5pm Monday to Thursday
and 8.30am to 3.45pm on Friday.*

- In district town halls: Corvesy, Thiolo, Malausséna, Saint-Augustin, Pasteur etc. At the Village Social Centre at the Pôle de proximité *from 9am to 12pm, Monday to Friday*, and many other locations.

Pharmacies



Out-of-hour pharmacies:

Monday to Saturday nights, Sundays and public holidays.

Phone: **04 93 87 78 94** or **32 37** (€0.35/min).

The list of out-of hour pharmacies is displayed on all pharmacy doors.

The Riviera pharmacy open 24/7:

66 Avenue Jean Médecin ([map No. 2](#)).

Phone: **04 93 62 54 44**

Closed only on Sundays from 8am to 7pm, but open at night.

CSAPA: Centre de soins, d'accompagnement et de prévention en addictologie³



Get help from a CSAPA if you have an addiction (alcohol, drugs, gambling, etc.) and want to stop or reduce your intake or your addictive behaviour (e.g. gambling).

Nice Malausséna CSAPA:

10, avenue Malausséna ([map No. 2](#)).

Phone: 04 92 03 21 50 (appointment only).

Monday to Friday, 9am to 12:30pm and 1:30pm to 5pm. Wednesday: young addicts only, from 1:30pm to 4:30pm.

CSAPA Olivetto - Fondation de Nice:

6, avenue Olivetto ([map No. 4](#)).

Phone: 04 93 53 17 00

Every morning and Tuesday afternoon, no appointment needed. All other afternoons by appointment only.

Monday, Wednesday, Friday 8:30am to 12:30pm and 1:30pm to 5:30pm.

Tuesday: 8:30am to 5:30pm and Thursday 8:30am to

³ TN: addiction and treatment centre.

12:30pm.

Wednesday: young addicts only.

CSAPA Odyssée - ANPAA:

37, Boulevard Carabacel - le Centralia building (5th floor) - [\(Map No. 4\)](#).

Phone: 04 93 62 62 10 (appointment only).

Monday to Friday, 9.30am to 12.30pm and 1.30pm to 6pm (closed Wednesday afternoon).

Consultations for all, including young addicts.

Carrefour Santé Jeunes CG06:

2A rue Raynardi - [\(Map No. 1\)](#).

Young people aged 12-25 without children.

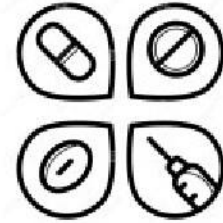
Nursing and specialist care by appointment by phone at 04 89 04 58 10 or online on Doctolib.

Opening hours: Mondays from 3pm to 7pm and Tuesdays from 9am to 12pm. 2nd and 4th Thursdays, 9am to 12pm and 2pm to 5pm. Wednesday and Friday, 9am to 1pm and 2pm to 5pm.

For any questions outside of opening hours, please contact:

fil Santé Jeunes at 0 800 235 236

CAARUD consultations: Centre d'accueil et d'accompagnement à la réduction des risques pour les usagers de drogues⁴



CAARUDs are social and medical institutions providing unconditional, anonymous care and support for drug users.

They are permanent day centres. Some CAARUDs also offer overnight sleep-in services. CAARUDs will receive you even without health insurance cover.

CAARUD Lou Passagin (Groupe SOS Solidarité):

12 rue Emmanuel Philibert ([Map No. 3](#)).

Phone: 04 93 80 28 18 / 06 78 03 26 30

Exclusive welcome for adults, addicts, lgbt+, HIV-positive men and women, prostitutes, ex-prisoners, displaced persons from Ukraine.

Monday, 9.20am to 1pm.

Tuesday, Wednesday, Friday, 9.20am to 1pm and 2pm to 4.30pm.

On Thursdays from 9.20am to 1pm and from 5pm to 7pm, Chemsex/Slamming support for people using

⁴ TN : harm reduction Centre for drug users.

synthetic drugs during intercourse.

General practitioners: Wednesdays from 9.20am to 1pm and Fridays from 9.20am to 11am.

Mobile care on Mondays and Wednesdays from 6.30pm to 9pm.

Mobile team: 06 78 03 26 30

Assessment, medical care, prevention, counselling, mail service, screening.

Distribution and recovery of sterile injecting equipment and equipment for other drug use practises.

After an interview, the following are available to CAARUD guests: computers, showers and laundry facilities.

CAARUD Impacts (not located on the map).

85 avenue Virgile Barel Phone: 04 93 16 00 49

Access to health rights, access to hygiene and essential care, guidance, provision of infection prevention equipment.

Open Tuesdays, Thursdays and Fridays only, 9.30am to 12.30pm.

Distribox - 24/24h.

Distribution of sterile syringes and reclamation of used syringes.

- Rue Edouard Beri (Map No. 4).
- Av. Denis Semeria (not on the map).
- 122 Av. de la Californie (Pharmacie du Soleil) (not on the map).

Addiction Schemes: Alcohol, Tobacco, Cannabis

Hotlines.

Drogues info services: 0 800 23 13 13

Free to call from landlines.

Assistance *from 8 a.m. to 2 a.m. every day.*

Alcool info service: 0 980 980 930

Assistance *8am to 2am, 7 days a week.* Anonymous calls, toll-free number.

Le Fil Santé Jeunes: 0 800 235 236

Free from landlines and **01 45 93 30 74** (free from mobile phones). Hotline *from 9 a.m. to 11 p.m. every day,* call to speak to a doctor or a therapist.

Tabac info service: 39 89

Helpline *from 8 a.m. to 8 p.m., Monday to Saturday,* call to speak to a Tobacco addiction specialist.

Emergency Numbers



Free emergency numbers available 24/7,
including on public holidays.

115: Urgence sociale.

115 is a free number for people sleeping rough and domestic abuse victims seeking emergency shelter.

Please contact 115 if you are experiencing social hardships, danger or distress.

You can also report a person in distress. This is a county hotline run by the ALC Association.

115 service operates 24 hours a day, *Monday to Sunday* every day of the year.

115 is in contact with two Samu sociaux (social emergency services) who carry night and day patrols *and dispatch following 115 calls.*

Teams of volunteers and professionals dedicated to providing moral support and emergency practical

assistance, as well as referrals to shelters, medical and social services.

- Day Samu social - Mutualité Française:

direct helpline 06 08 25 58 17 or 115. Interdisciplinary team of social workers, nurses and therapists.

Help with access to rights (identity documents, resources...) and healthcare (booking medical appointments). No distributions.

Monday to Friday: 9am to 12:30pm and 1:30pm to 6pm. Weekends and public holidays: 2pm to 6pm.

- Night Samu social: the Red Cross

Emergency intervention all week (including on public holidays) from 5pm to 11pm **by calling 115.**

Their goal is to rebuild a sense of community; to assess situations; to provide guidance; to direct people to emergency facilities; to supply necessities (hygiene products, blankets, etc.).

112 (European emergency number):

For any emergency requiring an ambulance, the fire department or the police, **call 112.**

15 (SAMU): medical emergency.

If you need medical assistance (illness, poisoning, breathing, etc.), **call 15.**

17 (Police Secours):

If you need police intervention (assault, theft, etc.), **call 17.**

Municipal police: 04 93 53 53 53

18 (Fire brigade):

If you need the fire department (fire, burns, etc.), **call 18.**

39 19 (femmes violences informations):

Domestic violence (for victims and witnesses); free, anonymous helpline *Monday to Saturday, 8am to 10pm and 10am to 8pm on Sundays and public holidays.*

Phone: 116 117 116 117 (on-call doctors):

Outpatient care .

3624: SOS Médecin 24/7.

Toll-free numbers/Hotlines

Santé Infos Droits: 01 53 62 40 30

Croix-Rouge écoute: 0 800 858 858

Sida Info Service: 0 800 840 800

Aide aux Victimes, 116 06 7 days a week.

Victims of physical, sexual or psychological violence.

SOS Viols femmes information: 0 800 059 595

free, anonymous helpline

**Cellule régionale d'écoute et de soutien
psychologique:** 04 97 13 50 03

Monday to Friday, 9am to 8pm.

France depression: 01 40 61 05 66

and 07 84 96 88 28

Écoute suicide: 31 14 or 01 45 39 40 00, available
free of charge 24/7.

SOS suicide Nice: 04 93 01 22 78

SOS Amitié: 09 72 39 40 50; 24/7; a free,
confidential and sympathetic listening ear.

SOS Amitié (Nice): 04 93 26 26 26

Writing Services



The City of Nice provides free writing at 5 rue de l'Hôtel de Ville (map No. 3).

Every Monday on appointment on 04 97 13 20 00.

Missions:

- Help with drafting personal and administrative documents (except tax returns and documents with financial implications)
- Support and advice on administrative formalities,
- Referral to the relevant organisations.

Legal Services



There are a number of information centres providing legal and administrative assistance.

Free legal information: 30 39

The Bar Association: 04 93 85 12 03

Maison de Justice et du Droit de Nice (MJD):

Rue Anatole de Monzie (not shown on map).

Phone: 04 97 00 03 90. Monday to Friday, 9am to 12:30pm and 1:30pm to 5pm.

Free and confidential services, including help with legal aid applications. The French legal aid is a public scheme providing financial coverage for legal expenses incurred during legal proceedings.

CIDFF 06 (Women's and Family Rights

Information Centre) (map No. 1).

2 rue Guiglia - Phone: 04 93 71 55 69

Monday to Friday, 9am to 12pm and 1pm to 5pm.

Team of lawyers and therapists.

Legal hotline: 06 25 62 95 15 for professionals, Monday to Friday.

The CIDFF provides information, guidance and support, primarily for women, in the areas of access to rights, the fight against gender-based violence,

support for parenting, employment and integration.

Secours Catholique - L'étape Fraternelle:

23 rue Paganini ([map No. 2](#)).

Phone: 04 93 85 61 20

Mr Roux Tuesday mornings, 8.30am to 10.30am (by appointment only).

Conseil Départemental de l'Accès au Droit des Alpes-Maritimes (CDAD06):

1 place du palais de justice ([map No. 3](#)).

Phone: 04 92 17 71 16

General law:

Monday to Friday (except Tuesday), 2pm to 4pm.

Employment law:

4th Friday of the month, 10:30 a.m. to 1:30 p.m.

The CDAD06 provides all litigants with free access to legal professionals working in all fields of the law.

Besides help with legal proceedings, legal aid also provides:

- Information about your rights and obligations;
- Direction to the relevant agency or professional;
- Assistance in exercising a right or fulfilling a legal obligation;
- Free legal consultations;
- Assistance in drafting legal documents and entering agreements.

Défenseurs des droits (Defender of rights):

If you are being denied your rights, the Défenseur des

droits (Defender of Rights) teams can help you free of charge. All conversations are confidential.

Maison du Département de Nice-Centre:

6 avenue Max Gallo (map No. 3).

Phone: 04 89 04 32 90

Georges Saubaux, *Thursday 9h15-12h and 13h30-17h.*

georges.saubaux@defenseurdesdroits.fr

Restos du cœur Dabray:

21 rue Dabray (map No. 2).

Phone: 07 82 07 82 91

Pierre Bernardy, *Thursdays, 9am-12pm and 2pm-5pm.*

pierre.bernardy@defenseurdesdroits.fr

Justice Conciliator:

32 av Malaussena (Thiole town hall) (map No. 2).

Phone: 04 97 13 42 43

By appointment by telephone Monday morning to Wednesday lunchtime.

Nice Mediation Services:

8 avenue Félix Faure (map No. 2) - Phone: 04 97 13 56 44

Mediators are in charge of finding solutions to resolve disputes involving public bodies including the city and its services.

Walk-in service Mondays, 2pm to 5pm and Wednesdays, 9am to 12pm.

WIFI



Spot Wifi Nice offers free public wifi hotspots in several public spaces in Nice including in: Cours Saleya, Palais de Justice, Place Massena, Promenade des Anglais etc.

Wifi is available 24/7 (renewable one-hour sessions).

- 1 - select the Spot wifi Nice network;
- 2 - open your browser;
- 3 - follow the instructions on the home page.

Wifi hotspots in the harbour: Riviera-Port.

Free and unlimited

Day centre CCAS:

14 avenue du XVe corps ([map No. 4](#)).

Night shelter:

CHU Trachel, 33-35 rue Trachel ([map No. 2](#)).

Fondation de Nice night shelter ([map No. 3](#)).

EL Nouzah, 17 rue El Nouzah ([map No. 4](#)).

WiFi Map LLC App lists all free wifi passwords (no need to get the paid version of the app).

Asylum Seekers

Forum Réfugiés (SPADA)

48 Route de Canta Galet - Phone: 04 97 25 46 30

First assessment, asylum application, mail service.

Monday to Friday, 9am to 5pm on appointment.

Hotline: *Monday to Thursday, 9 to 11am;*

plateformenice@forumrefugier.org

La Cimade: 23 rue Paganini - [\(map No. 2\)](#).

Phone: 07 57 47 91 33; nice@lacimade.org

Legal advice for foreign nationals *Tuesdays, 2pm to 5pm*. Call to make an appointment.

COVIAM: 06 16 14 53 56; 06coviam@gmail.com

Call from 11am to 12:30pm Monday to Friday to book an appointment, and on Wednesdays from 2pm to 5pm at 23 Paganini Street [\(map No. 2\)](#).

Habitat & Citoyenneté

28 rue Dabray - [\(map No. 2\)](#).

All requests must be sent by e-mail to:

habitat.citoyennete@gmail.com

For administrative and legal assistance, book an appointment on *Tuesdays and Thursdays from 10:30am to 12:30pm and from 2:30pm to 5:30pm*. Food bank on *Wednesdays and Fridays, 9am to 12pm and 2:30pm to 5pm*, accessible with prior registration.

Amnesty International

36 rue Gioffredo - (map No. 3).

Phone: 06 41 12 56 13

Wednesdays from 2:30 to 5pm on appointment.

Support during asylum application process.

“Le petit solidaire” booklet for migrants.



English version



Version française

You can also download it at:

English version: <https://tinyurl.com/4v3rf742>

Version française: <https://tinyurl.com/ycy8harh>

Credits: Yann Camping

Pets



SPA - 74 rue de France ([map No. 1](#)).

Phone: 04 93 71 77 63

Fondation Assistance aux Animaux: ([map No. 2](#))

27 av Georges Clémenceau. Phone: 04 93 82 34 59

Monday to Friday, mornings by appointment only, walk-in *from 1pm to 5pm*. A full time salaried veterinarian is here to help.

Alliance Pour le Respect et la Protection des

Animaux: 10 rue Sorgentino ([map No. 4](#)).

Phone: 04 93 26 29 70. The association provides food aid, contributes to veterinary expenses and offer free sterilisation. *Monday, Tuesday, Thursday and Friday, 9am to 12pm and 3pm to 6pm.*

Gamelles Pleines Nice association:

On call number: 06 26 61 13 24

Free kibble and advice as well as contribution towards vet bills and help access veterinary healthcare(nice@gamellespleines.fr).

Veterinarian on call: 31 15(24/7).

Veterinary Clinic: 04 93 71 21 41-Acts (not free).

Lost or Found Pets: 04 97 14 02 77

Public Services

CCAS day centre: ([map No. 4](#))

14 avenue du XVe corps.

Phone: [04 93 62 80 91](tel:0493628091)

Allo mairies (city of Nice): [39 06](tel:3906)**Allô Service public:** [39 39](tel:3939)

Administrative information service.

administrative centre of Alpes-Maritimes:

Phone: [04 97 18 60 00](tel:0497186000)

Administrative headquarters: [04 93 72 20 00](tel:0493722000)

147 bd du Mercantour *Monday to Friday: 9am to 14:30pm.*

Pôle emploi: [39 49](tel:3949)

Nice city centre: 44, rue Berlioz.

Est Nice: 1 rue Fodéré.

Caisse Primaire d'Assurance Maladie (Nice):

Phone: [36 46](tel:3646)

5 avenue Romain Rolland.

7 rue Pertinax.

CAF: [08 10 25 06 10](tel:0810250610)

22 avenue St Augustin.

69 avenue Borriglione, rue Pastorelli.

Law courts: Tribunal d'instance et de police (Place du Palais).

2 and 7 rue de la Préfecture.

Phone: [04 92 17 30 01](tel:0492173001)

Consulates:

Secrétariat général du corps consulaire des Alpes-Maritimes. mail address: infos@consulats06.org

Lost & Found - Municipal police:

42 rue Dabray - 06000 NICE.

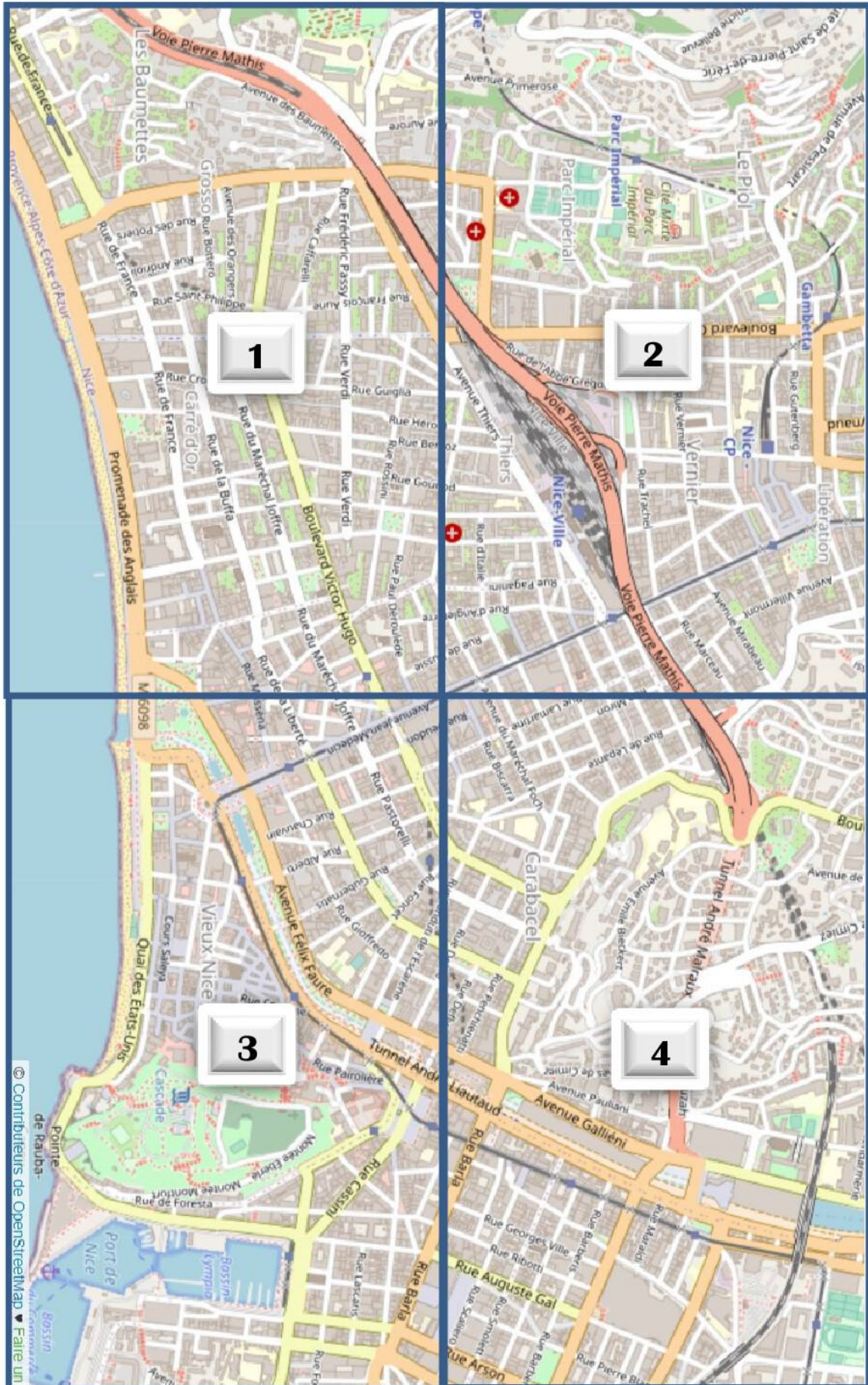
Phone: [04 97 13 44 10](tel:0497134410)

OFII (Office Français Immigration Intégration):

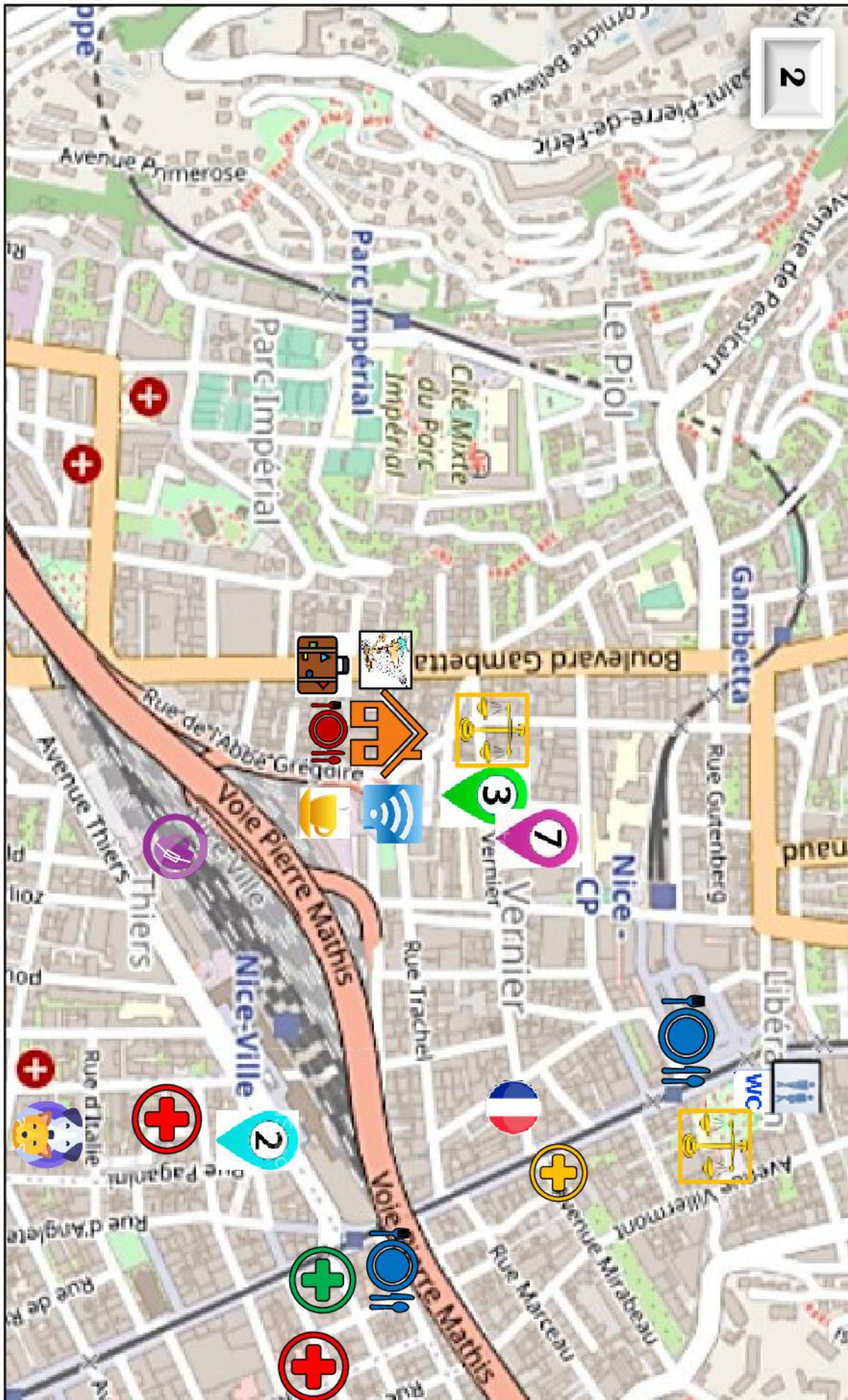
147 Bd du Mercantour

Phone: [04 89 15 81 70](tel:0489158170)

Monday to Friday, 8am to 12pm.









CHU: Night shelters



Day Centres



Breakfast



Lunch



Food giveaway



Showers



Laundry



Clothing



Free public toilets



Pay toilets



Administrative formalities



French lessons



Wifi



Mail address service



Luggage storage



Writing service



Justice



CAARUD



CSAPA



Health



Pharmacy

1 Jorge François Forum:   
 9 rue Cronstadt - Phone: 04 93 04 34 60

**2 Secours Catholique
L'étape fraternelle :**     
 23 rue Paganini - Phone: 04 93 85 61 20  

3 Habitat et Citoyenneté:  
 28 rue Dabay - Phone: 09 53 14 66 86

4 Red Cross:       
 2 ruelle St François - 04 93 62 86 67

Salvation Army Restaurant -1 rue Guigonis 
 Phone: 04 93 85 88 97

5 Le phare CCAS: 14 avenue du XVe corps.
 Phone: 04 93 62 80        

6 Fourneau économique:     
 3 rue Badat - Phone: 04 93 92 60

7 Secours populaire / Le 44 Day Centre:       
 39 and 44 rue Vernier
 Phone: 04 28 70 20 37

8 Secours populaire:  
 30 rue Bonaparte
 Phone: 04 92 00 24 24



Soliguide



"Lou Pitchoun solidaire" a été écrit en partenariat avec Soliguide : le guide de la solidarité en ligne.

Site internet et application, disponibles en plusieurs langues, qui agrègent tous les services, initiatives et ressources à proximité afin de vous venir en aide : **www.soliguide.fr**



SMS - Whatsapp



Soliguide.fr



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- ***everyone who believed in and helped with this project.***

***Author: Bruno Nicolas-Blanchi.
Soulidari Connection association.
Version: April 2023.***

If you are interested in supporting this cause you can:

- Follow Lou Pitchoun solidaire on Facebook to keep up with charity events in Nice and the surrounding area.



-Download and share the digital version of the guide.

Tag this QR Code and get the latest update!

Share this guide with your friends!

- Contact me bruno@soulidari-connect.com

if you have a correction or addition to submit and would like to order print copies of this guide.

**In solidarity,
Bruno NICOLAS-BLANCHI**

