

**PRESS RELEASE**

Paris-Saclay, 7 February 2023

**Sport and Mental Health Symposium**

**On Thursday 9 February 2023, Université Paris-Saclay is organising a symposium on sport and mental health.**

The French national strategy for Sport and Health aims to encourage people to get active (or get active *again*) across the country, introduce adapted practices which are accessible and supervised, and fully recognise the fundamental role physical and sports activities have to play in our physical and mental wellbeing.

As part of this, Université Paris-Saclay is organising a symposium dedicated to sport and mental health. The event will look at the benefits of physical and sporting activities on mental health and the challenges surrounding mental health in top-level sport.

**On the agenda:** conferences with university experts from the Faculties of Pharmacy, Medicine and Sports Science at Université Paris-Saclay, and talks from players from the high-performance sporting world (current and former top-level athletes, coaches, etc.). The conferences and interventions will be followed by discussions with the audience.

The event is supported by and organised in association with the Plessis-Robinson Tennis Club and the Plessis-Robinson town hall.

Practical information

Top-level Sport and Mental Health Symposium

Thursday 9 February 2023 – 7-8.50pm (welcome from 6pm)

Maison des Arts - salon Andrea Palladio - 1 place Jane Rhodes - 92350 - Le Plessis-Robinson

Find the full programme [here](#) (in French).

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**ABOUT UNIVERSITÉ PARIS-SACLAY**

Université Paris-Saclay was born from the shared ambition of French universities, *grandes écoles* and national research organisations. As a leading university in Europe and the world, it covers the fields of science and engineering, life sciences and health, and humanities and social sciences. The university's science policy closely intertwines research and innovation, incorporating both basic and applied science to tackle major societal challenges. Université Paris-Saclay offers a varied range of undergraduate to doctorate level degrees, including programmes with its *grandes écoles*, all of which are focused on achieving student success and employability. The university

prepares students for an ever-changing world where the ability to think critically, remain agile and renew one's skills are crucial. Université Paris-Saclay also offers a comprehensive range of lifelong learning courses. Located to the south of Paris, the university extends across a vast and rich local area. Its location strengthens both its international visibility and its close ties with its socio-economic partners (major companies, SMEs, start-ups, local authorities, charities).

[www.universite-paris-saclay.fr/en](http://www.universite-paris-saclay.fr/en)

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