



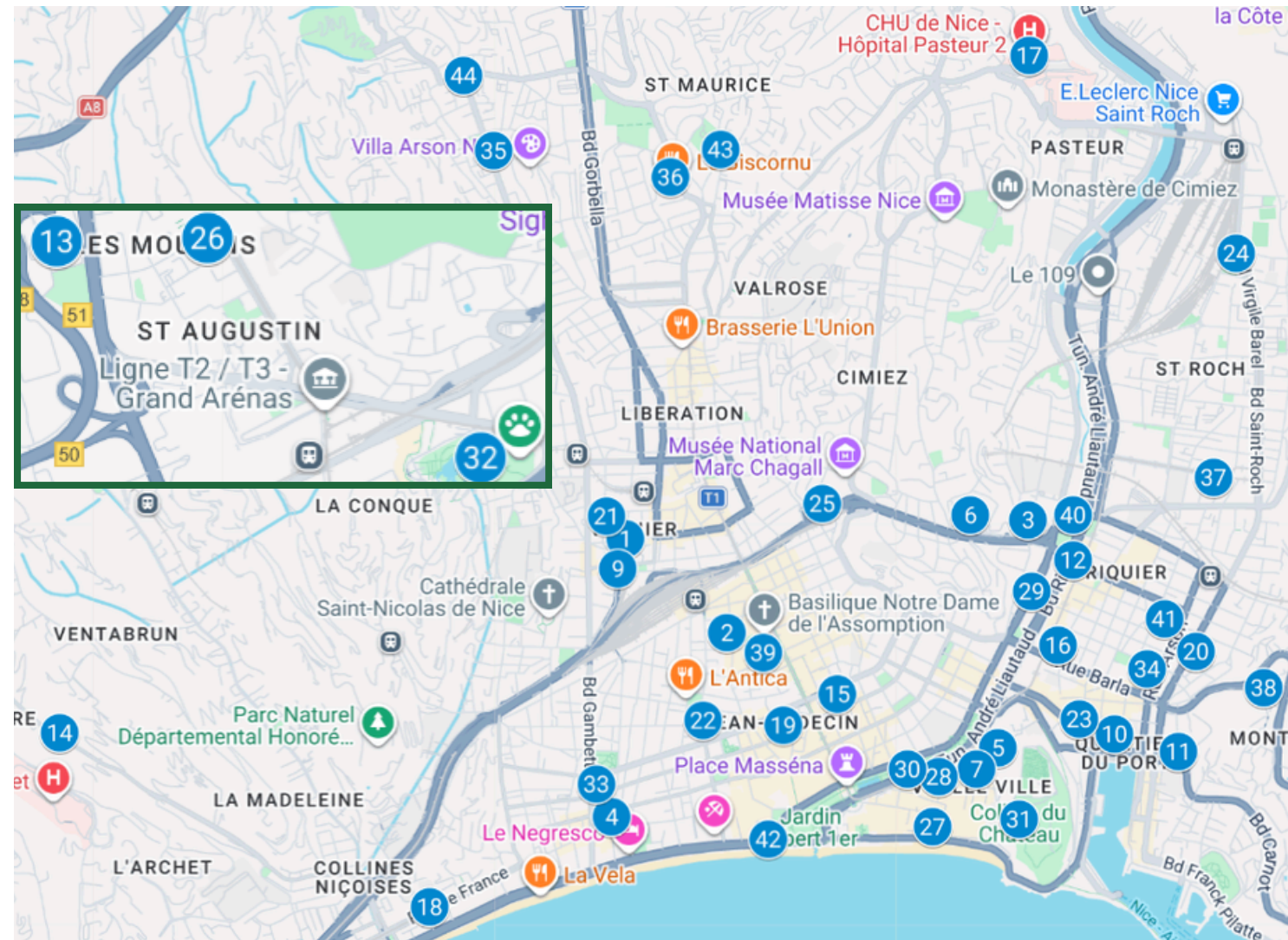
**PRÉFET  
DES ALPES-  
MARITIMES**

Direction départementale  
de l'emploi, du travail  
et des solidarités

*Liberté  
Égalité  
Fraternité*

## BASIC NECESSITIES' GUIDE SUMMER 2026 - NICE

- To eat
- To sleep and rest
- To get medical treatment
- To shower
- Addiction services
- Administrative procedures
- Mailing address
- Clothes / Laundry
- French lessons
- Restrooms



### EMERGENCY NUMBERS



Emergency Medical Services (SAMU)	15	European emergency number	112
Police	17	Emergency call for the deaf and hard of hearing	114
Fire Department	18	Children in danger	119
Violence Against Women Helpline	3919		

National social emergency number:



## To eat

Morning:

- 1 **Le 44 - Secours Populaire**, 44 rue Vernier, Monday to Friday 9am to 10:30am
- 2 **Secours Catholique**, 23 rue Paganini, Monday, Tuesday, Thursday and Friday 8:30 to 11am
- 3 **Le Phare - CCAS de Nice**, 14 avenue du XVème corps, Monday to Friday 9am to 10:30am
- 4 **Forum Jorge François**, 9 rue Cronstadt, Monday to Friday 8:30 to 9:30am
- 5 **Saint François - French Red Cross**, 1 ruelle Saint François, Tuesday and Friday 9:30 to 11:15am
- 6 **El Nouzah**, 17 rue El Nouzah, Every public holiday and weekend from October 15 to April 15, from 9am to 4pm

Noon:

- 1 **Le 44 - Secours Populaire**, 44 rue Vernier, Monday to Friday 12pm to 1:30pm, €1 contribution (upon referral by the 115 service)
- 2 **Le Phare - CCAS de Nice**, 14 avenue du XVème corps, Monday to Friday 11:30am to 12:30pm (cold meal)
- 3 **Armée du salut**, 1 rue Guigonis, Monday to Friday 11am to 12:15pm, €1 contribution, **closed from 08/01 to 08/31 and on public holidays**
- 4 **Fourneau économique**, 2 rue Badat, Monday, Tuesday and Saturday 11:45am to 12:45pm, €1 contribution, **closed from 07/01 to 08/31 and on public holidays**
- 5 **Emergency shelter Geneviève de Gaulle Anthonioz**, 33 rue Trachel, weekends from October 15 to April 15 and all public holidays, from 9am to 4pm

Evening:

- 3 **Le Phare - CCAS de Nice**, 14 avenue du XVème corps, call 115
- 4 **Outreach patrols - Call 115**

## To rest

- 1 **Le 44 - Secours Populaire**, 44 rue Vernier, Monday to Friday 9am to 4pm, **closed Tuesday afternoon** (upon referral by the 115 service)
- 2 **Secours Catholique**, 23 rue Paganini, Monday, Tuesday, Thursday and Friday 8:30am to 11am, **closed from 08/01 to 08/30**
- 3 **Le Phare - CCAS de Nice**, 14 avenue du XVème corps, Monday to Friday 9am to 4pm
- 4 **Emergency shelter Geneviève de Gaulle Anthonioz**, 33 rue Trachel, weekends from October 15 to April 15 and all public holidays, from 9am to 4pm
- 5 **Terra Mata - Family day care**, 12 avenue Martin Luther King, Monday to Friday 9am to 4:45pm
- 6 **Oasis - Day center for women**, Call 115
- 7 **La lanterne - Day center for 18-25years-old**, Call 115

## To sleep

- 6 **El Nouzah**, 17 rue El Nouzah, open from 12/15/26 to 03/31/27 (call 115 to register)
- 7 **Emergency shelter Geneviève de Gaulle Anthonioz**, 33 rue Trachel, Daily, on-site registration at 5pm with proof of identity (no pets)
- 8 **Overnight stop**, 3 rue Balatchano (pets allowed)

In the event of a heatwave alert,  
contact 115 for further information.

## Administrative procedures

- 12 **Escale - Reception and support center for young people (aged 11-25)**, 12 Boulevard Risso, by appointment on Monday, Wednesday and Thursdays 9am to 1pm and Friday 1pm to 3:45pm, walk-ins welcome on Monday, Wednesday and Thursday 1pm to 5pm, Friday 9am to 1pm, telephone support available Monday to Thursday 9am to 5pm and Friday 9am to 3:45pm
- 13 **Prefecture des Alpes-Maritimes**, 147 boulevard du Mercantour, Monday to Friday 9am to 4pm
- 14 **French Office for Immigration and Integration (OFII)**, 147 boulevard du Mercantour
- 15 **Forum Réfugiés - Asylum Seekers**, 48 route Canta Galet, Monday to Friday 9am to 11am
- 16 **Le 44 - Secours populaire**, 44 rue Vernier, social support, Monday to Friday 9am to 4pm (upon referral)
- 17 **Secours catholique**, 23 rue Paganini, social support, by appointment on Thursday 2pm to 5pm, **closed from 08/01 to 08/30**, support for asylum seekers on Monday, Tuesday and Friday 2pm to 5pm
- 18 **La Mut' - Samu Social (daytime)**, assessment and social support, Monday to Friday 8:30am to 12:30pm and 1:30pm to 5:30pm, weekends and public holidays, 2pm to 6pm. Call 115 or 06 08 25 58 17.

## Mailing address

- 1 **Le 44 - Secours Populaire**, 44 rue Vernier, Monday to Friday 9am to 4pm (upon referral by the CCAS)
- 2 **Secours catholique (-25y-o)**, 23 rue Paganini, by appointment on Tuesday and Friday 8:30 am to 11am and Thursday 2pm to 4pm, **from 08/01 to 08/3 only on Tuesday 8:30am to 11am**
- 3 **Le Phare - CCAS de Nice**, 14 avenue du XVème corps, Monday to Friday 8:45am to 12:30pm, **closed on Thursday**

## Clothes / Laundry

- 1 **Le 44 - Secours Populaire**, 44 rue Vernier, upon referral clothes: Tuesday and Thursday 2pm to 4pm, laundry: Monday to Friday 9am to 10:30am, closed on Wednesday
- 2 **Secours Catholique**, 23 rue Paganini, Monday, Tuesday, Thursday and Friday 8:30am to 11am, €0.5 contribution, **closed until 08/30**
- 3 **Saint François - French Red Cross**, 1 ruelle Saint François, clothes, only with cloakroom ticket: Monday and Thursday 9am to 11am, **closed from 08/01 to 08/30**, laundry by reservation: Tuesday and Friday 9:30am to 11:30am - **closed from 07/17 to 08/30**
- 4 **Armée du Salut**, 35 boulevard Dubouchage, upon referral by the 115 service, Thursday 2pm to 5pm
- 5 **Solidarité 06 - Outreach patrols**, Saturday 6pm to 8pm, call 115

## To shower

- 1 **Le 44 - Secours Populaire**, 44 rue Vernier, upon referral, Monday to Friday 2pm to 4pm, closed on Wednesday
- 2 **Secours Catholique**, 23 rue Paganini, Monday to Friday, 8:30am to 10:30am, closed on Wednesday, €0.30 contribution, **closed until 08/30**
- 3 **Le Phare - CCAS de Nice**, 14 avenue du XVème corps, 9am to 11:15am and 1:30pm to 3:30pm

## French lessons

- 1 **Le 44 - Secours Populaire**, 44 rue Vernier, call 04 92 00 24 24 for an appointment
- 2 **Secours Catholique**, 23 rue Paganini, registration in the morning at the reception 8:30am to 1am, **closed until 08/30**
- 3 **Saint François - French Red Cross**, 1 ruelle Saint François, Tuesday and Friday 2pm to 3:30pm, registration required, **closed from 06/30 to 08/30**
- 4 **Saint Vincent de Paul**, 2 rue Badat, Monday, Tuesday and Thursday 10am 10:45am, registration required

## To get medical treatment

- 17 **Pasteur 2 hospital**, 30 voie Romaine - Health Services, Zone A, 1st floor, open 24/7, Healthcare Access Service (PASS), nursing service available Monday to Friday, 8am to 4pm; dental emergency service on Sunday and public holidays, 8:30am to 6:30pm; medical consultations by appointment, call 04 92 03 32 13
- 18 **Médecins du Monde**, 162 rue de France, free medical, social, psychological, and preventive consultations, call 04 93 16 59 60.
- 19 **Youth Health Centre CD06**, 2 rue Raynardi, for 12-25-year-olds: Monday 3pm to 7pm, Tuesday to Friday 9am to 1pm and 2pm to 5pm
- 20 **Dental emergency**, 28 boulevard Riquier, Monday to Friday 8:15am to 12pm and 1:45pm to 5:15pm
- 21 **Ordre de Malte - Medical truck**, 14 avenue du XVème corps, Monday 10am to 12pm, Wednesday 7pm to 8:30pm
- 22 **Ordre de Malte Dispensaire**, 42 rue Dabray, general medicine, gynecology and nursing cares, Tuesday 9:30am to 12:30pm, pediatrics on the 07/15 10am to 3pm and on the 08/19 10am to 4:30pm
- 23 **Ordre de Malte**, 21 rue Dabray, ultrasounds on Thursday by appointment, general medicine on Friday 9:30am to 12:30pm (reception at 42 Rue Dabray)
- 24 **Saint François - French Red Cross** 1 ruelle Saint François, general medicine and psychology on Monday and Thursday, gynecology on the afternoon of 09/07 and 10/15, **closed from 07/04 to 09/03**
- 25 **Sexual Health Prevention and Diagnostic Centre (CeGIDD)**, 8 avenue Baquis, Monday, Wednesday and Friday 9am to 5pm, Tuesday 10am to 5pm, Thursday 9am to 12pm and 2pm to 8pm, call 04 89 04 55 60
- 26 **Armée du Salut**, 35 boulevard Dubouchage, psychological sessions, Thursday 2pm to 4pm by appointment, call 09 85 02 53 74
- 27 **La Mut' - Samu Social (daytime)**, health assessment, psychology, Monday to Friday 8:30am to 12:30pm and 1:30pm to 5:30pm, week-end 2pm to 6pm, call 115 or 06 08 25 58 17
- 28 **EMSP - Medical truck**, rue Hancy, Monday and Thursday 10am to 12pm, 25 rue Paganini Tuesday 8:30 to 11am, Oasis Thursday from 2pm to 4pm

## Addiction services

- 23 **CAARUD Lou passagin PSA**, 12 rue Emmanuel Philibert, healthcare, rights, prevention, referrals, sterile supplies, showers, washing machines (by appointment), harm reduction supplies, free and anonymous reception, Monday, Wednesday and Thursday 9:30am to 12:30pm
- 24 **CAARUD Impactes**, 85 boulevard Virgile Barel, support services, showers, washing machines, Monday, Wednesday and Thursday 9:30am to 12:30pm
- 25 **CSAPA**, 6 avenue de l'Olivetto, care, rights, prevention, referral, sterile equipment, Monday to Friday 8:30am to 12:30pm and 1:30pm to 5pm
- 26 **CSAPA Emergence**, 5 avenue Martin Luther King, reception and guidance, care, prevention, sterile equipment, by appointment, Monday and Tuesday 9:30am to 12:30pm and 1:30pm to 6:30pm, Wednesday, Thursday and Friday 9:30am to 12:30pm and 1:30pm to 4:30pm

## Restrooms

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|----|----|----|----|----|----|----|----|----|
| 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
| 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 |

**Public toilets**, daily 9am to 6pm, free and €0,5 contribution, Cours Saleya, Descente Crotti, Promenade de Paillon, Parc du château, Arenas, Jardin Alsace Lorraine, Jardin Arson, Jardin de Cessole, Parc du Ray, St. Jean D'Angely, Parc Castel de Deux Rois, Jardin Notre Dame, De Lattre, Jardin Normandie, Albert 1er, Chambrun, Thiole