

# Counseling Services

Supporting Your Mental Health Journey at IE

IE University's counseling services care for students' mental health and psychological growth. We provide a safe and confidential environment where students receive professional psychological support tailored to their unique journey through academia.

We offer **personalized one-on-one sessions**, alongside **informative talks and workshops** on topics relevant to university student life.

Our one-on-one services include:

- **Guidance Counseling:** Unlimited access to in-house psychological guidance and emotional support for issues such as homesickness, motivation, grief, anxiety, relationships, or fear of public speaking. There is nothing too big or too small.
- **Clinical Counseling:** Up to eight annual sessions with a clinical psychologist to help you navigate unexpected mental health difficulties and psychological trauma.



Students can access both services throughout the academic year. Our guidance counselors are available to recommend the most suitable support for your unique situation. Find a description of our services [here](#).

If you already have a mental health condition and wish to continue your long-term treatment in Spain, we can provide you with a list of trusted psychologists and psychiatrists.



# Psychiatric Emergencies Hotline

Call: **(+34) 619 270 148**

IE University's 24/7 bilingual hotline offers support for **psychiatric crises**, including **active suicidal thoughts, panic attacks, or sexual aggressions**.

**IMPORTANT:** These services are not support chat lines. For non-critical situations, please contact the Counseling Department to arrange an appointment.

For **medical emergencies** call: **(+34) 112**

# How to book an appointment

For inquiries, please email us at [Counseling@ie.edu](mailto:Counseling@ie.edu)

You can expect a prompt response, typically within a week, outlining the next steps.

Thank you!