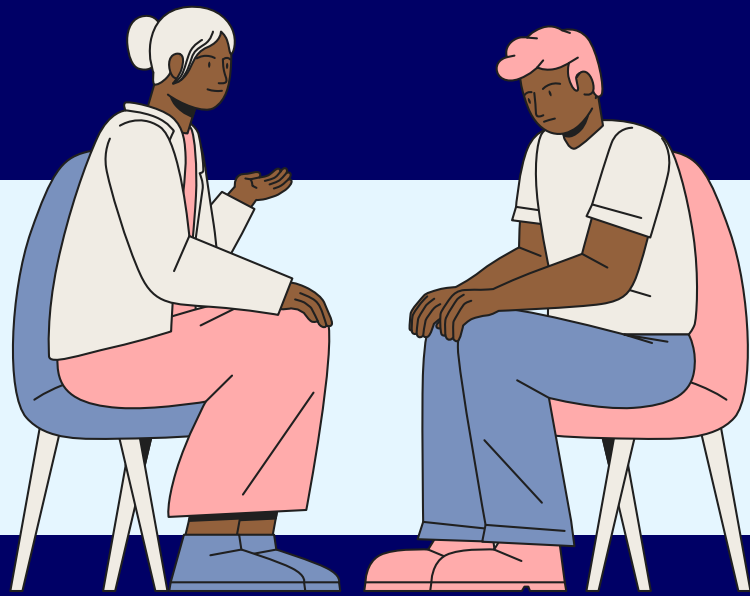


# COUNSELING DEPARTMENT

Supporting Your Mental Health Journey at IE



## About Us

At Counseling, we care for students' mental health and psychological growth.

Our services are safe, confidential, and tailored to your unique journey at IE.

We offer individual sessions alongside informative talks and workshops on topics that are important to university students.

Our counselors are available to recommend the most suitable support for your unique situation.

For already existing mental health conditions, ask us for a list of trusted psychologists and psychiatrists in Spain.

## Our Services



### Guidance Counseling:

Unlimited sessions to help you through any kind of challenge, not just academic ones.

Anything life throws your way—we're here for you.



### Clinical Counseling:

Up to 8 annual sessions with a clinical psychologist for unexpected mental health difficulties and psychological trauma.



### Psychiatric Emergencies Hotline:

**(+34) 619 270 148**

IE University's 24/7 bilingual hotline for psychiatric crises such as:

- active suicidal thoughts,
- panic attacks, or
- sexual aggressions.

**IMPORTANT:** This is not a support chat line. For non-critical situations, please contact the Counseling Department.

## Contact us:



Email us to schedule a meeting or ask a question. We will get back to you within one week.

**counseling@ie.edu**