

## Press Release

### Don't Stress About Exam Results – Talk to Someone

**- 90% of U24s Believe it's more acceptable to Talk about Emotional Problems than in the Past -**

**August 2013:** As 56,000 leaving cert students prepare to receive exam results and make big decisions for their future careers, the Irish Association for Counselling and Psychotherapy (IACP) is urging them to take time to consider their options and look after their mental health, by talking to a friend, family member or doctor. Recent research commissioned by the IACP showed that 90% of U24s believe it's more acceptable to talk about emotional problems than it was in the past.

“It's important to stay calm and consider all of the many different options available to you when you receive your exam results this week. If you are worried then it's a good idea to talk to a family member, a doctor, or your friends, who may be feeling the same way. Taking some exercise will help to clear your mind of worries and stress and help you to concentrate,” said Shane Kelly, Professional Services Manager, IACP.

The number of higher education places will equal expected demand for the class of 2013 but demand for undergrad places is expected to increase 25% by the end of the decade. The introduction of the bonus points has boosted numbers sitting higher maths this year by 50 per cent compared with 2011.

Mr Kelly offered some tips for dealing with the stress of exam results:

- If you're feeling under pressure about your results talk to somebody such as a friend, family member, doctor or counsellor. There's no need to go through it alone;
- Eat a well balanced diet. This will help you concentrate when looking at your options;
- Exercise is a good stress reliever, which can help you think more clearly.

Recent research commissioned by the IACP showed that:

- 90% of U24s believe it's more acceptable to talk about emotional problems than it was in the past;

- 91% of U24s think it's a good idea to seek counselling or psychotherapy for a problem before it gets out of hand;
- 89% of U24s believe a mental health problem is just as likely to affect their family as anyone else's.

More information is available from the IACP's website [www.iacp.ie](http://www.iacp.ie).

**ENDS**

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**About IACP:**

Established in 1981, the IACP identifies, develops and maintains professional standards of excellence in counselling and psychotherapy through education, training and accreditation. In promoting best practice and the professional development of its members, IACP holds at its core the protection of the public.

Representing both the interests of clients and practitioners (over 3,500 nationwide), IACP provides a telephone referral helpline, an information service; and an online counsellor / psychotherapist / supervisor directory. IACP is a registered Charity (CHY 6615).

**References:**

The IACP research survey was carried out by Behaviour and Attitudes Marketing Research Ltd.