

Press Release

Almost 9 in 10 (89%) Think it's More Acceptable to Talk about Emotional Problems

- New Research Shows it's more Acceptable to Talk About Emotional Problems than in the Past –

Wednesday, 29th May 2013: Almost 9 out of 10 people think it's more acceptable to talk about emotional problems than in the past, according to new research commissioned by the Irish Association for Counselling and Psychotherapy (IACP). Mental health awareness is more important than ever in the current economic climate, when many people are under financial pressures, have lost a job or are facing relationship difficulties. The new research also shows that more than 4 out of 5 (86%) believe people might be happier if they talked to a counsellor or psychotherapist.

“The issue of mental health is more prevalent than ever in the current climate. Many people are struggling with mental health issues and are trying to cope alone. The research shows that people's attitudes to mental health are changing for the better and people are realising the value of talking to a certified counsellor or psychotherapist,” said Shane Kelly, Professional Services Manager, IACP.

He continued “Issues such as money, work, and relationships are affecting adults across the country. I'd encourage people to look out for family members and friends who are exhibiting signs of emotional turmoil. These signs can include behaviours such as avoiding social gatherings or avoiding phone calls.”

Some of the key findings of the new research include:

- More than 4 in 5 (92%) women think it's more acceptable to talk about emotional problems than it was in the past;
- Almost all (90%) adults think it's a good idea to seek counselling or psychotherapy before a problem gets out of hand;
- More than 4 in 5 (91%) think serious mental health problems are just as likely to affect their family as anyone else's.

“There is a notable increase in the number of people availing of counselling and psychotherapy services to deal with financial pressures, losing a job or relationship difficulties. Sometimes people are unable to overcome their issues by themselves and counsellors and psychotherapists can offer an objective view and provide useful tips,” said Bernadette D'Arcy, certified counsellor and Leas Cathaoirleach of the IACP.

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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