

## Press Release

### **72% of Irish workers see a need for Counselling and Psychotherapy in the workplace**

#### **- Need for Counselling and Psychotherapy in the Workplace Highlighted by New Research -**

**Monday, 29<sup>th</sup> April 2013:** Almost 3 out of 4 (72%) Irish workers think there is a need for counselling and psychotherapy in the workplace, according to a recent study commissioned by the Irish Association for Counselling and Psychotherapy (IACP). The research also showed that almost 4 in 5 (77%) under 24's would support counselling and psychotherapy in the workplace.

“People spend a large amount of time in their workplace, whether it's sitting at a desk or dealing with customers, so it's important to feel comfortable and content in your work environment. If mental health issues are affecting your work, talk to a friend, family member, doctor or the IACP who can direct you to an accredited counsellor or psychotherapist,” said Shane Kelly, counsellor and Professional Services Manager at IACP.

Mr Kelly offered tips for dealing with mental health issues in the workplace:

- If you're feeling under pressure about work talk to somebody such as a friend, family member, doctor or counsellor. There's no need to go through it alone;
- Set yourself realistic goals for the results you can achieve;
- Eat a well balanced diet. Healthy eating improves memory and concentration;
- Exercise is a good stress reliever, which can help you think more clearly.

Some of the key findings of the new research include:

- Half of all adults (50%) would like their employer to offer confidential counselling and psychotherapy services;
- Stress in the workplace is strongest among the twenty five to forty nine age group with 59% of workers feeling stressed in their jobs;
- Work is the main cause of stress for 31% of adults.

To find a list of IACP accredited counsellors and psychotherapists in your area visit [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.