

Press Release

Don't Forget Mental Health this Father's Day

- Fathers encouraged to look after mental health this Sunday –

Friday, 14th June 2013: The Irish Association for Counselling and Psychotherapy (IACP) is urging fathers around the country look after their mental health, not just this Sunday but every Sunday by following some simple tips. Increased workloads and longer hours mean many fathers have less time to spend with their families or to focus on their mental health. Recent research commissioned by the IACP shows that 31% of men believe work is the main cause of stress in their lives.

This Sunday is an opportunity for fathers to relax and spend some valuable time with family and friends and to remember that good mental health is something that all families need to pay attention to 365 days a year.

“As families prepare to celebrate this Sunday, I’m asking all fathers and men to be aware of their mental health. Take an hour to do something that helps you to de-stress and relax. That might be playing with your children, having lunch with friends or talking a walk. If emotional problems are affecting your everyday life then I’d encourage you to contact the IACP who can help you find a counsellor or psychotherapist in your area,” said Shane Kelly, Professional Services Manager, IACP.

Mr Kelly offered some simple tips that fathers can follow this weekend and every weekend throughout the year:

- Turn off your phone this Sunday to help you to relax and enjoy your day;
- Go for a walk or run. Exercise is a good stress reliever, which can help you think more clearly;
- 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;
- Get some extra sleep. It's difficult to get enough sleep during the working week, catching up on sleep over the weekend will leave you refreshed for the week ahead.

Key research results:

- 38% of men would seek professional help for anxiety and depression;
- 83% of men believe people may be happier if they spoke to a counsellor or psychotherapist;
- 69% of men would support counselling in the workplace.

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