

Press Release

Anxiety and Depression Main Reasons for Counselling and Psychotherapy

Wednesday, 18th September: Irish people are most likely to seek help for anxiety and depression, according to a recent survey commissioned by the Irish Association for Counselling and Psychotherapy (IACP). 42% of people said that anxiety or depression were the top reasons that would make them seek counselling or psychotherapy help. Thousands of people in Ireland are affected by anxiety or depression every year and these issues can be made worse by financial strain, the pressures of the workplace or worry about losing their job.

“Anxiety and depression are serious concerns for many people. These mental health concerns can affect family members and friends and can have a serious impact on quality of life. If you are struggling with anxiety issues or think you are depressed you should talk to a doctor, pharmacist, or other healthcare professional, or the IACP who can direct you to an accredited counsellor or psychotherapist. Counselling and psychotherapy is highly beneficial for many people and it can help you to look at things in an objective way,” said Shane Kelly, Professional Services Manager, IACP.

The recent research commissioned by the IACP looked at Irish people’s attitudes to mental health and showed many interesting results. Highlights from the research include:

- 20% of people said they would be most likely to seek professional help for drugs, alcohol, or gambling;
- Men are less likely to seek professional help, with 29% saying they wouldn’t seek professional help for mental health issues;
- Only 6% of people said they would be most likely to seek professional help for social media addiction.

Mr Kelly offers some simple steps you can take if you think a friend or family member is struggling with anxiety or depression:

- Offer to listen. Sometimes people just need someone to listen to them
- Offer to go with them to a health care professional

- Help them to make a list of things that cause anxiety, and another list of all the good things in their life
- Keep in contact. Calling a friend once a week to see how they are doing can really help to lift someone's mood

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).

More information is available from the IACP's website www.iacp.ie.

References:

The IACP research survey was carried out in 2013 by Behaviour and Attitudes Marketing Research Ltd