

Press Release

As Movember Draws to an End, IACP Encourages Men to Talk About Mental Health

30th November 2012: As November comes to an end and men around the country prepare to shave their 'Movember' moustaches, the Irish Association for Counselling and Psychotherapy is asking men to keep the conversation going about their health and their mental health.

Research commissioned by the IACP shows that **1 in 6 (16%) Irish men tell no one about their problems.**

Professional Services Manager of the IACP, Shane Kelly commented on the importance of discussing our mental health:

"Movember is a fantastic campaign that raises awareness of men's health and prostate cancer. It encourages men to open up and talk about their health, something they are notoriously bad about doing. We're asking Irish men to keep up the good work of the past month and keep the discussion going. Our own research has shown that men are unlikely to talk about their personal problems and difficulties, with 1 in 6 (16%) keeping their problems to themselves. Talk to someone, whether it's a friend, family member, GP, or an accredited therapist."

Some key findings from the IACP research include:

- One in four (25%) Irish people have attended counselling or psychotherapy;
- 7 out of 10 (70%) people said they would discuss problems with a friend or family member;
- One on four Irish people (23%) would be embarrassed if people knew they were attending a counsellor or psychotherapist.

The full report about Irish people and their attitudes to counselling and psychotherapy can be found on the IACP website, www.iacp.ie.

ENDS

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 by Behaviour and Attitudes Marketing Research Ltd.