



COUNSELLING/ PSYCHOTHERAPY & MENTAL WELLBEING

Quantitative Research

25-050333-01

Prepared by:
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November 2025

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General Public Survey | November
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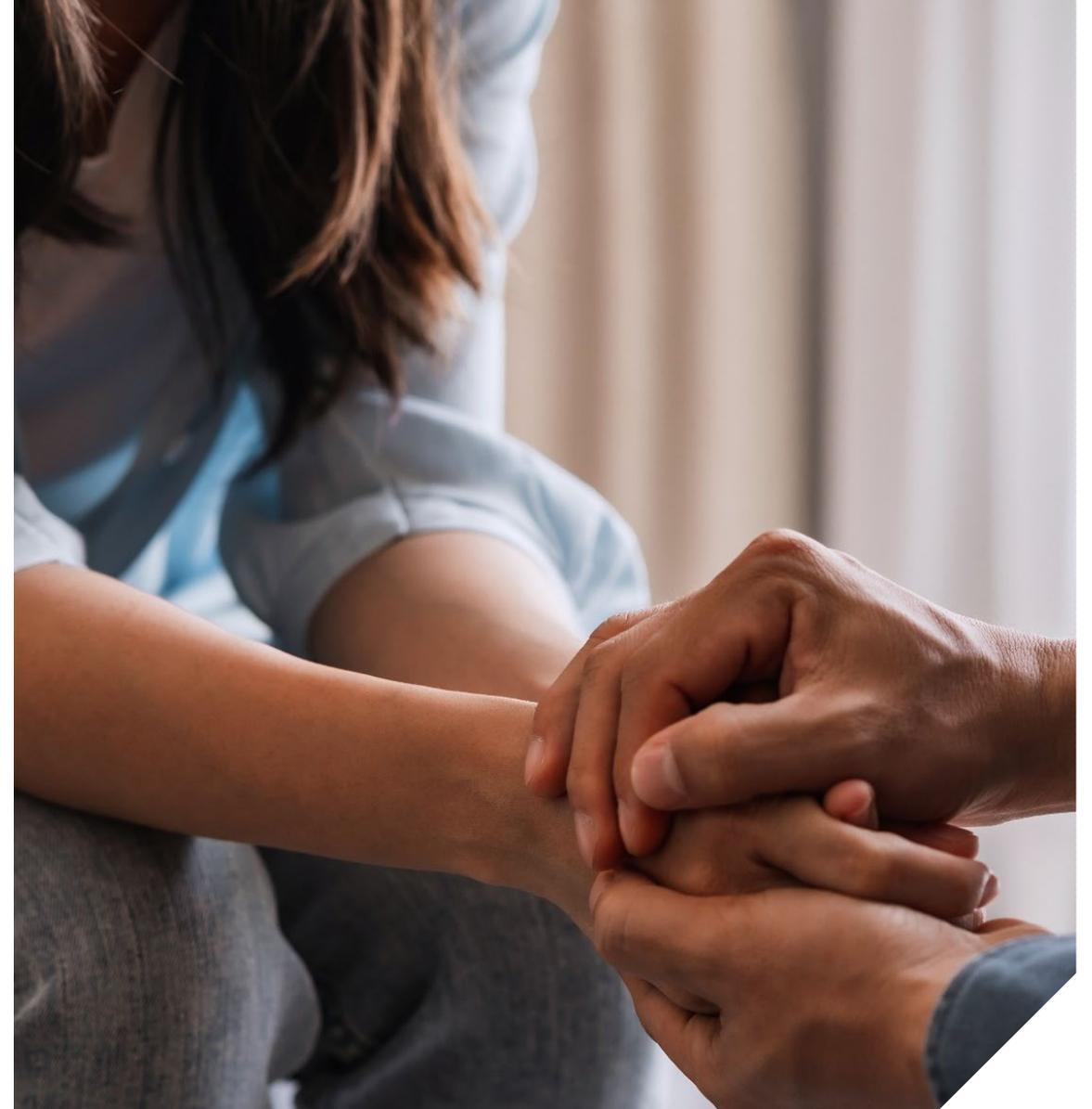


Project objectives

The Irish Association for Counselling and Psychotherapy (IACP) is the largest Counselling and Psychotherapy organisation in Ireland, representing over 6,500 members. Its role is to maintain professional standards of excellence in the field, and to represent the interests of both client and Counsellor/Psychotherapist.

IPSOS B&A (previously Behaviour & Attitudes) carried out previous general public surveys for the IACP in 2013, 2015, 2016, 2019 & 2023. This report presents the findings of a 2025 survey, providing up to date insights into;

- Mental health and wellbeing of Irish adults,
- Suicide in Ireland,
- Attitudes toward mental health in Ireland,
- Attitudes toward Counselling/Psychotherapy (including that for children/adolescents).



Survey methodology

Previous waves were carried out as part of B&A's face-to-face Barometer (Omnibus) survey, with this wave being carried out on one of our online omnibuses. Both are similarly structured syndicated (ie multi-client) surveys

In 2020, 2021, 2022, 2023 & 2024 we conducted surveys online focusing on the areas of a sensitive nature such as mental health issues and having seen a counsellor/psychotherapist. The initial switch was prompted by the pandemic restrictions and lockdown. The self-completion nature of an online survey may provide a platform for greater disclosure compared to a face-to-face survey.

Both the face-to-face barometer and online omnibuses are nationally representative although the change in methodology means some results aren't directly comparable to previous waves and this is flagged where relevant

In 2025 a sample of 1,005 Irish adults was achieved.

- Sample is quota controlled for gender, age, social class, region and area of residence.
- Fieldwork was undertaken between 17th and 29th October, 2025

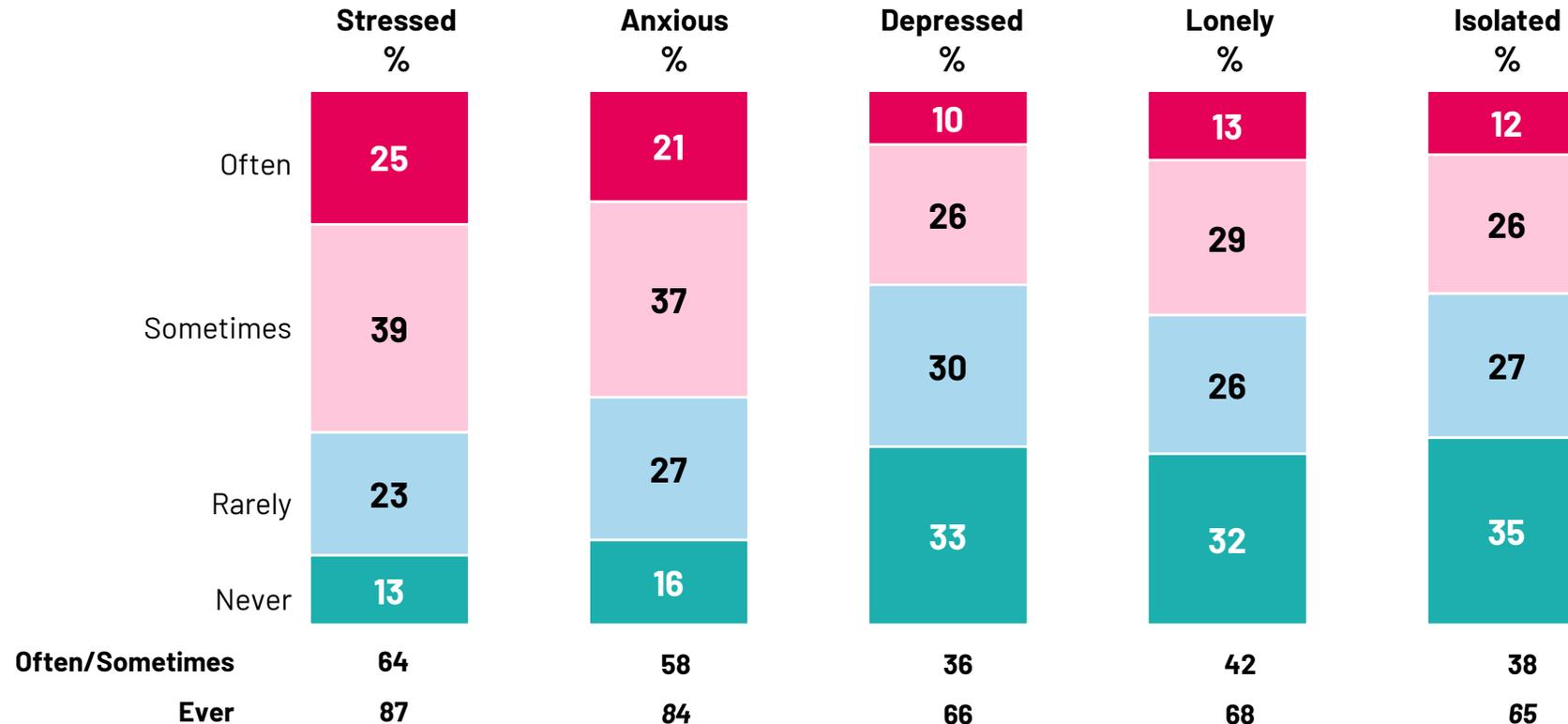


MENTAL HEALTH & WELLNESS IN IRELAND



One in four Irish adults 'often' feel stressed

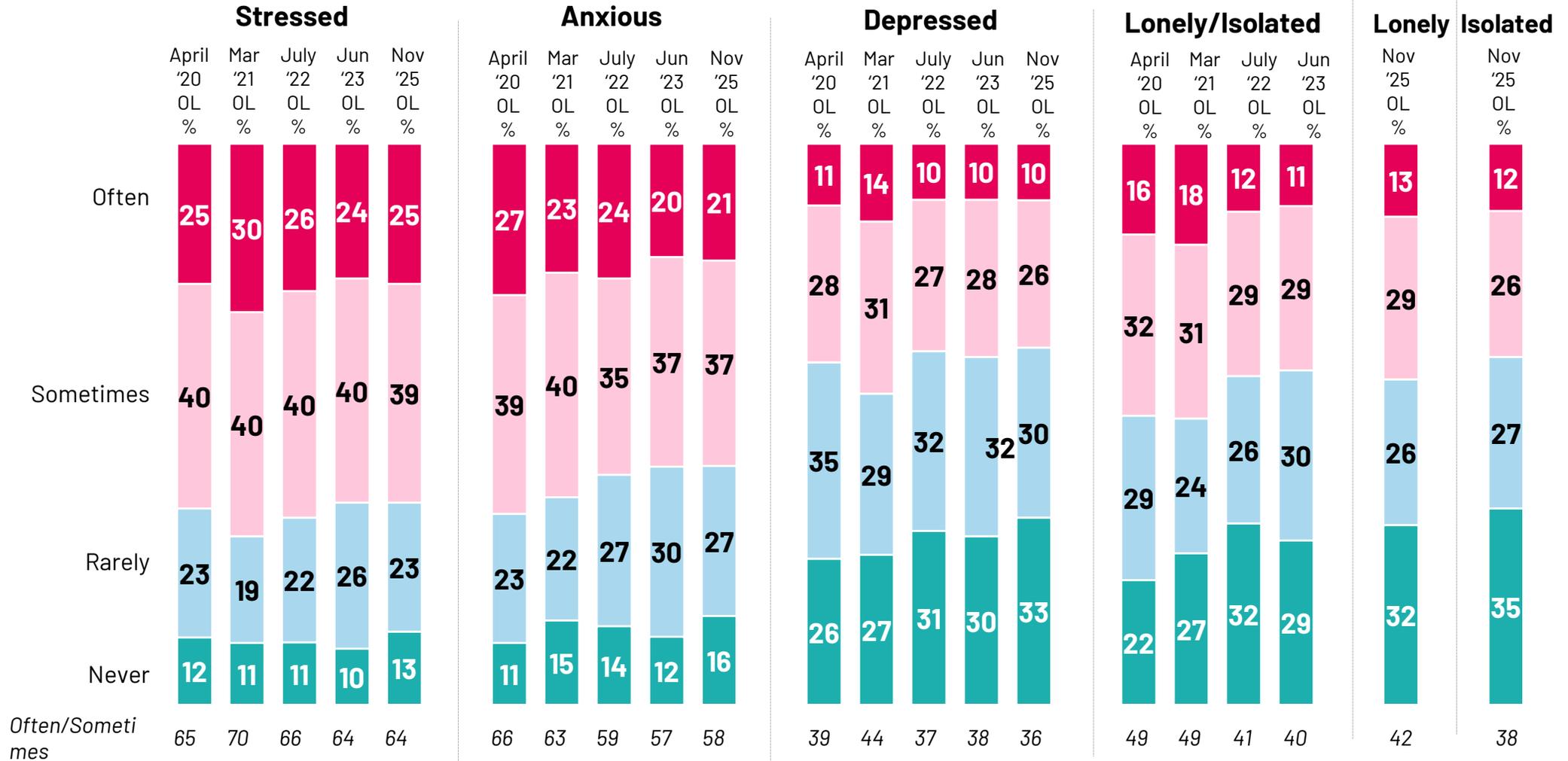
One in five often feel anxious with rates of feeling depressed and lonely/isolated slightly lower. Loneliness & isolation are separated for the first time in 2025 and display relatively similar incidences of 1 in 8 each: 13% are often lonely, 12% often isolated.



Q.2 How often, if ever, do you feel ...
Base: All adults - 1,005/4,278,000

Experience of mental health issues was elevated through the pandemic

Stress and anxiety have both eased since the pandemic period with the combined loneliness/isolation figure also well down.



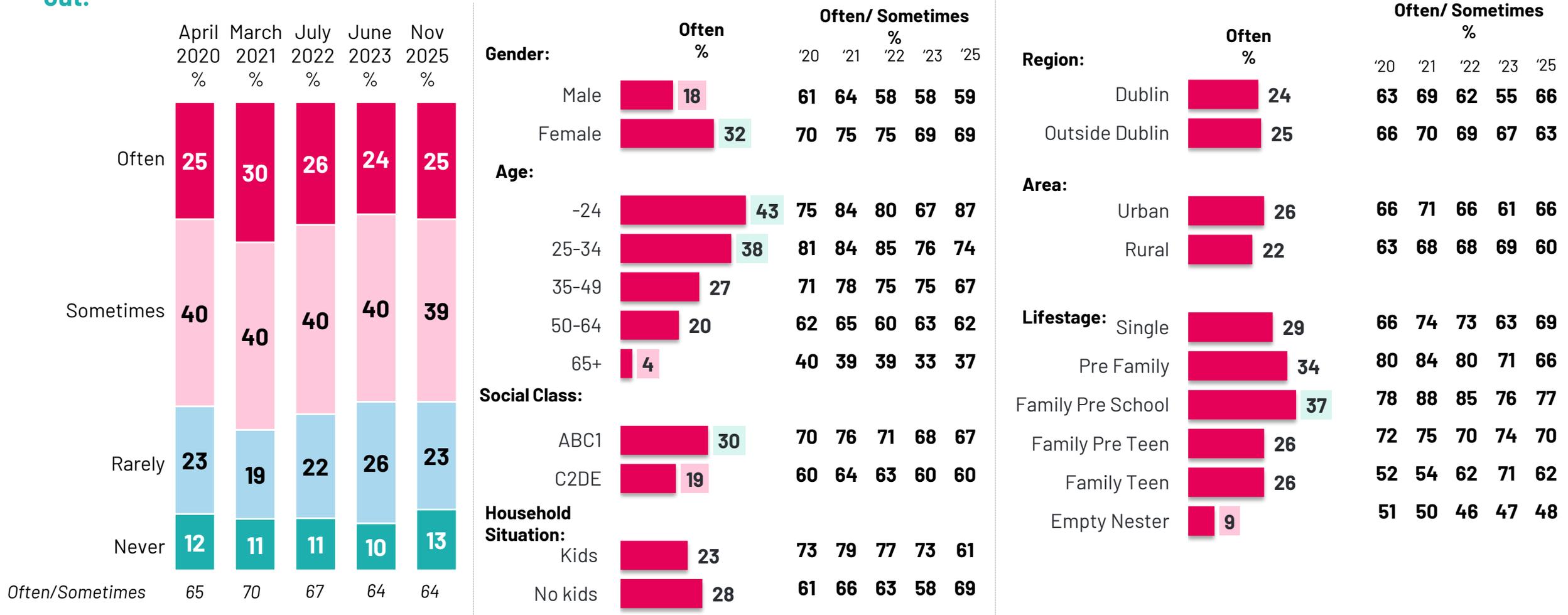
Thinking about the PAST 2 WEEKS, how often, if ever, did you feel ...

Base: All adults - online surveys

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Feeling stress has trended down since 2021 but biggest drop '21 to '22

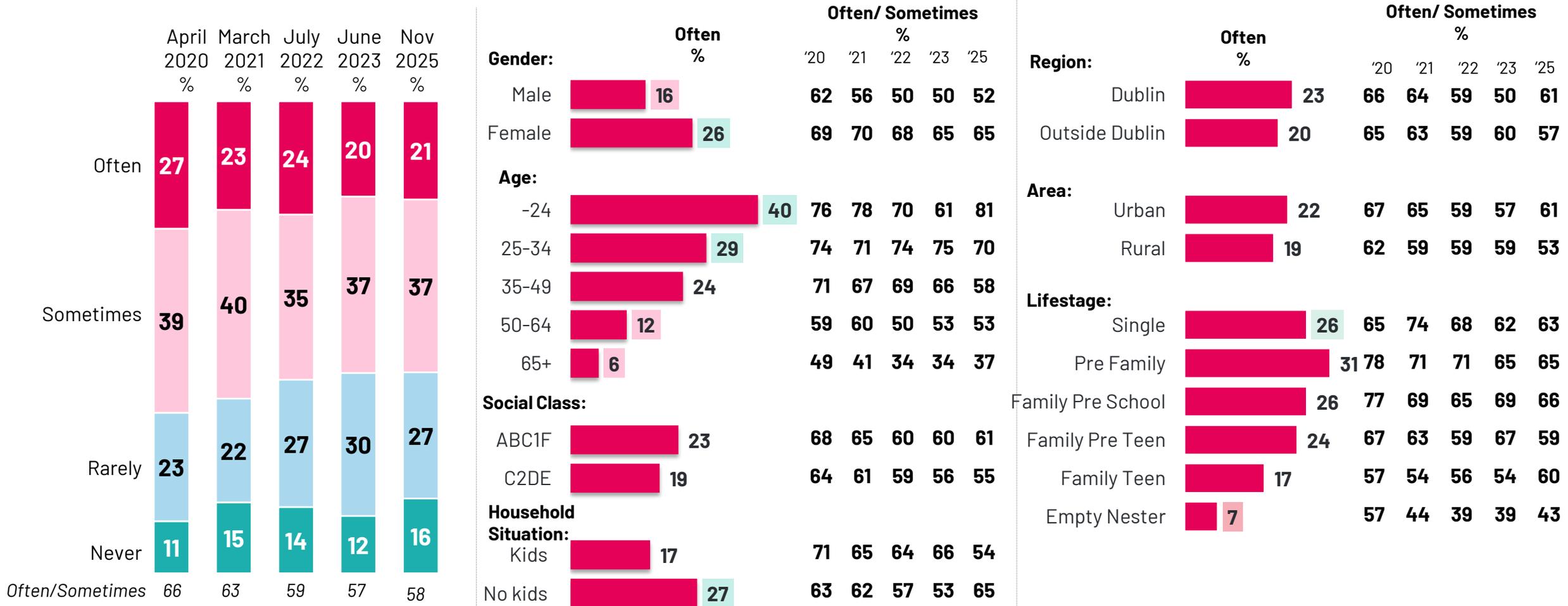
Often or sometimes feeling stressed is in line with levels seen at the start of the pandemic (April '20) although has reduced from mid-pandemic (-6%pts vs March '21). It remains more elevated female, among parents, in the school-going lifestages and between the ages of 25 and 49. It is higher among more affluent homes and although previously higher rural this has now evened out.



Base: All adults online surveys

Feeling anxious x demographics

Feelings of anxiety are now somewhat less apparent although a regular occurrence for one in every five. Most elevated Female, 25 to 50, among parents and slightly more so among more affluent families and in Dublin.

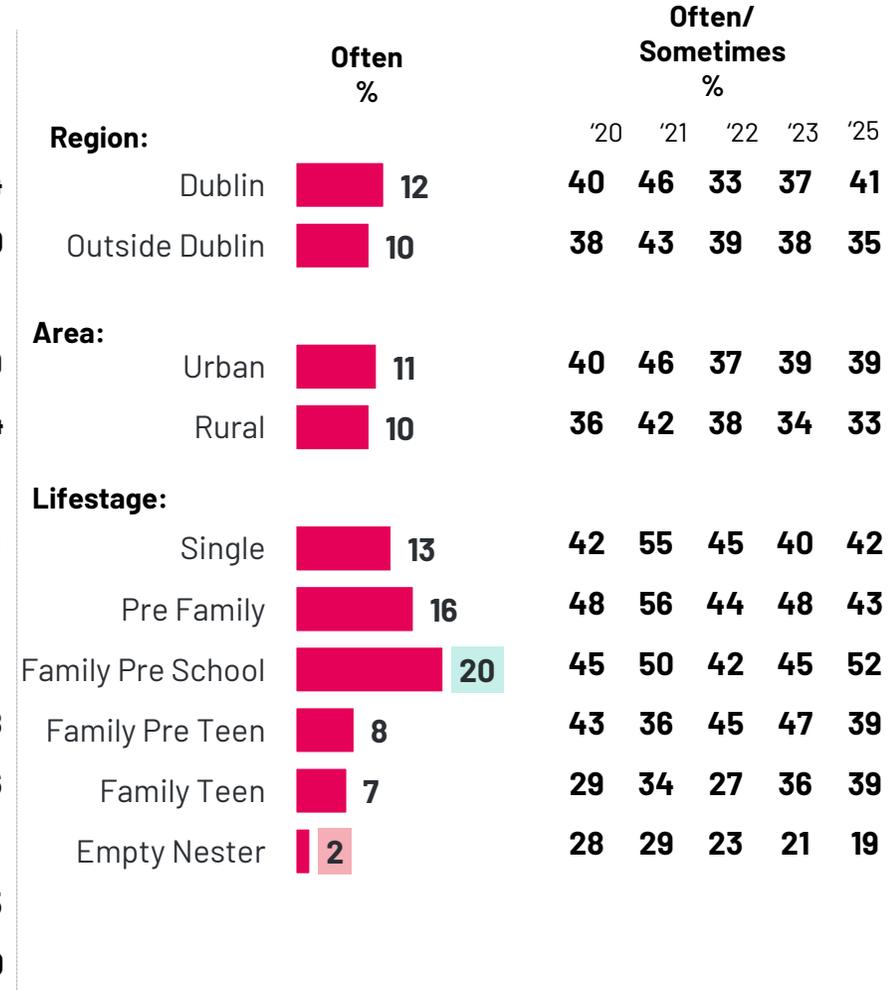
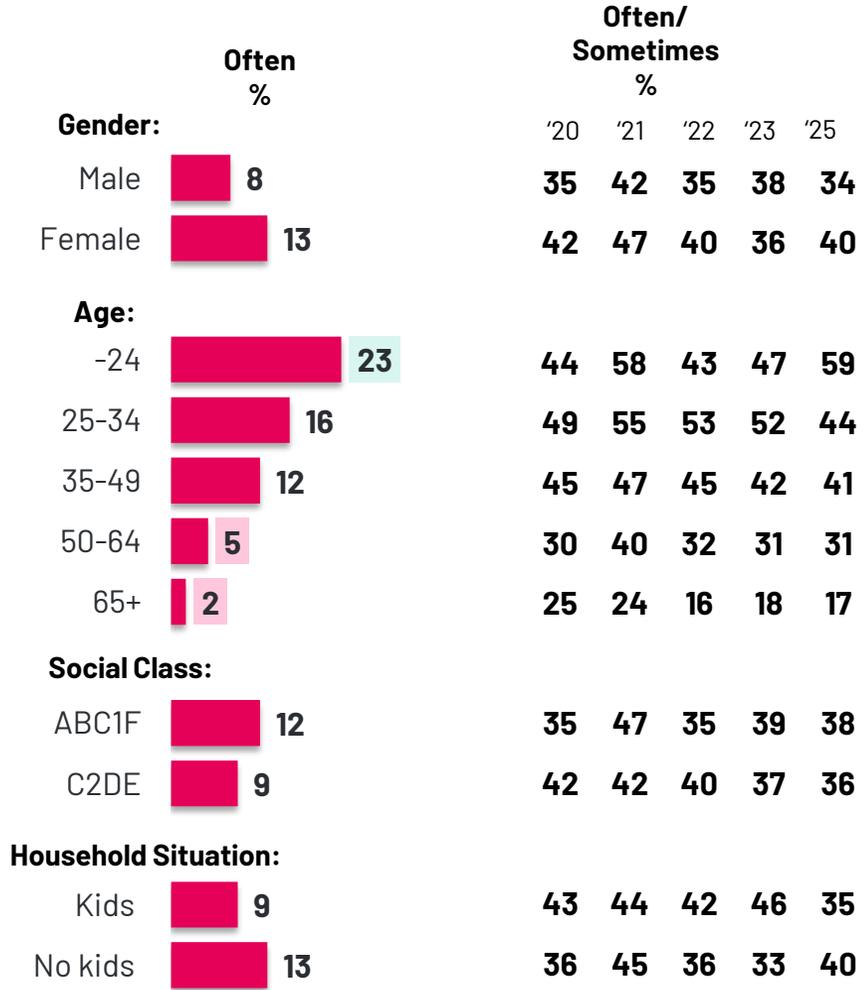
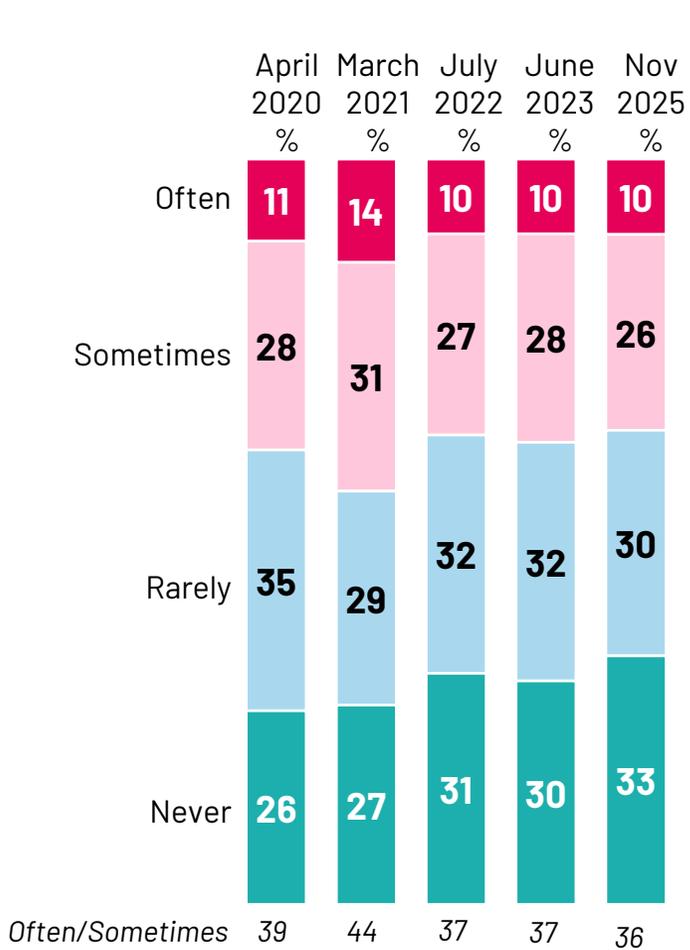


Thinking about the PAST 2 WEEKS, how often, if ever, did you feel ...

Base: All adults online surveys

Feeling depressed x demographics

Just over a third say they are depressed at least some of the time, with no significant current gender or class difference, put particularly elevated for Parents, among all family lifestages, in urban areas and largely under the age of 50 but most notably so pre-school and Under 25.

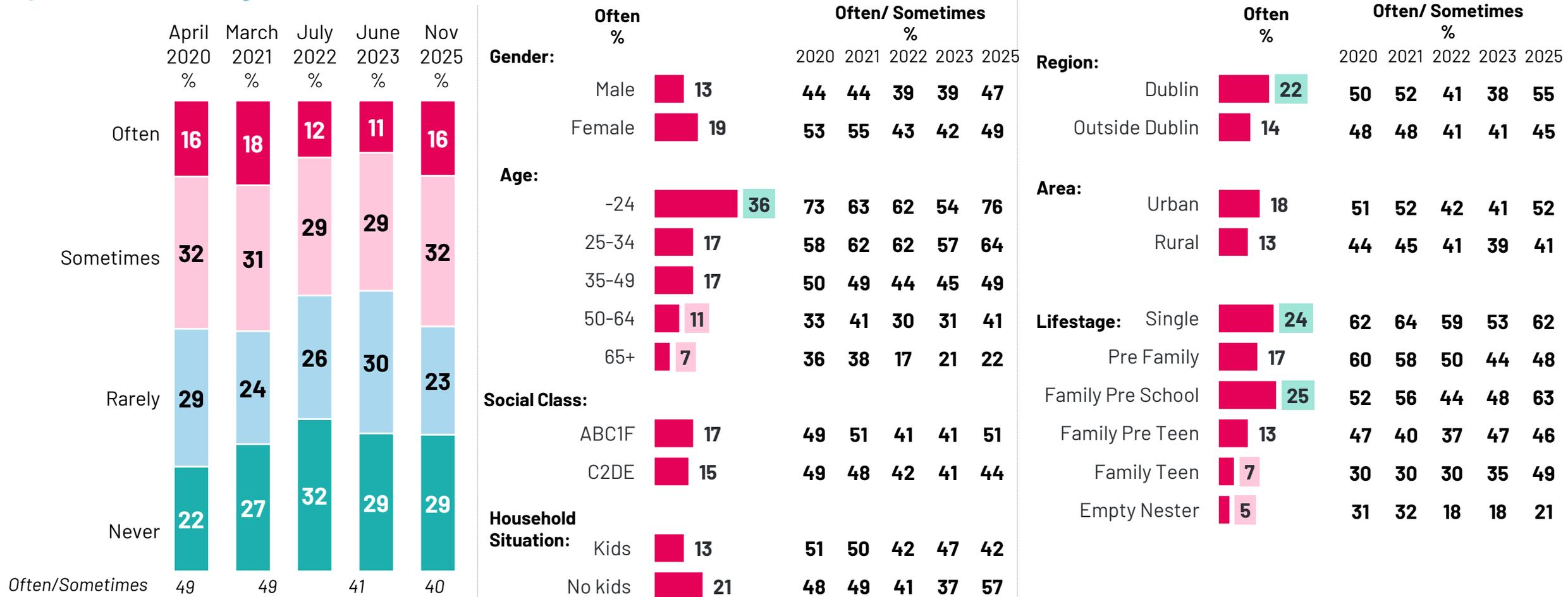


Thinking about the PAST 2 WEEKS, how often, if ever, did you feel ...

Base: All adults online surveys

Feeling lonely/isolated x demographics

Loneliness and Isolation trended downwards since 2021 but are still experienced at some level by almost half and frequently by slightly over one in seven. At least occasional experience more pronounced under 35 and in the Single & pre-school lifestages. An Urban and Dublin concentration remains.

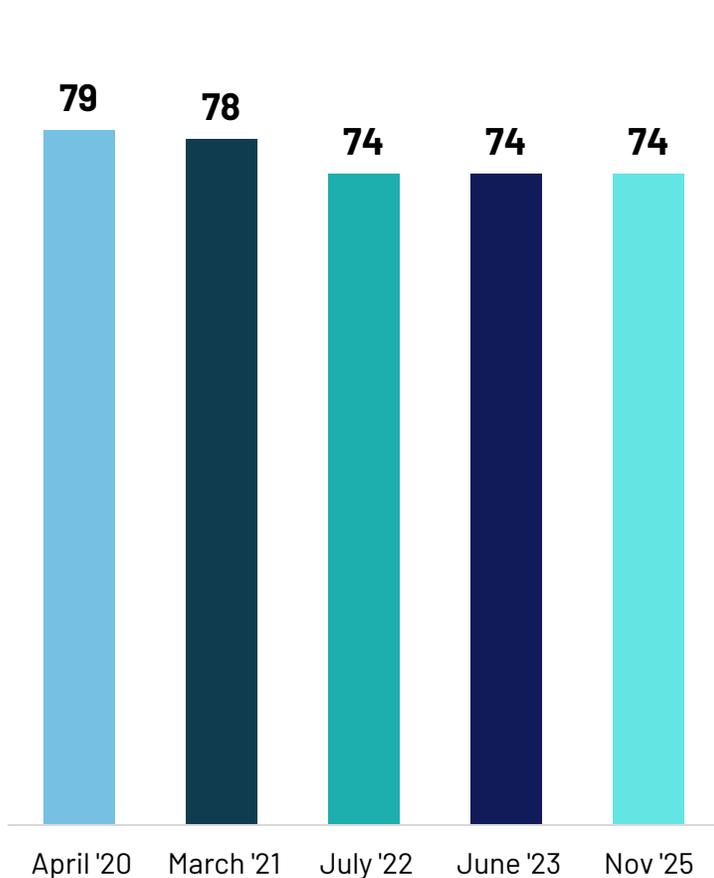


Thinking about the PAST 2 WEEKS, how often, if ever, did you feel ...

Base: All adults online surveys

Experience of any of the four/five issues (often/sometimes)

Three out of four adults experience one of these conditions on at least an occasional basis. Experience is substantially higher among U35s, and just slightly more so among women rather than men. More affluent adults, and (now) those without kids are more likely to experience one of these conditions; previously parents had been more prevalent.



	Apr '20	Mar '21	Jul '22	Jun '23	Nov '25
	%	%	%	%	%
Male	76	72	67	70	72
Female	81	84	81	77	76
U24	89	85	85	82	93
25-34	89	86	91	88	85
35-49	82	83	83	83	77
50-64	72	77	67	71	71
65+	64	59	47	45	50
ABC1	80	82	78	77	78
C2DE	77	74	71	71	69
Kids	82	82	81	84	70
No Kids	77	76	71	68	80

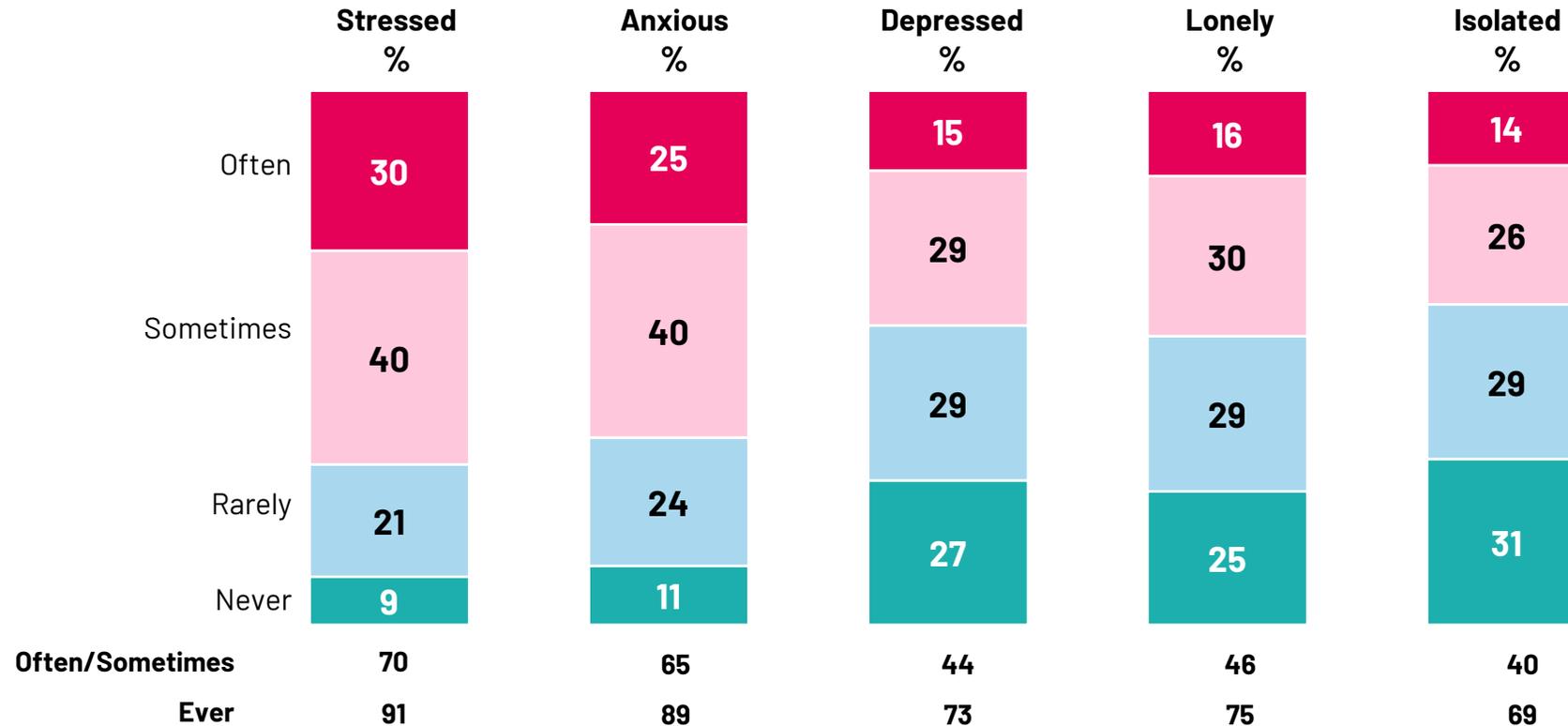
	Apr '20	Mar '21	Jul '22	Jun '23	Nov '25
	%	%	%	%	%
Dublin	79	80	70	66	77
Outside Dublin	79	77	76	77	73
Urban	80	80	73	72	76
Rural	75	75	75	77	71
Single	81	82	82	77	79
Pre Family	90	90	82	81	79
Family Pre School	88	89	87	85	86
Family Pre Teen	80	79	77	83	79
Family Teen	67	65	72	79	74
Empty Nester	69	64	53	54	57

Thinking about the PAST 2 WEEKS, how often, if ever, did you feel ...

Base: All adults Online surveys

Frequency of symptoms felt in the past year

The symptoms of Stress and anxiety are considerably more frequently experienced, whereas Depression, Loneliness & Isolation are rarer, with the latter two at least sometimes experienced by just under half (Loneliness) and two in five (Isolation) respectively. Just one in four is never lonely and three in ten never feel isolated.

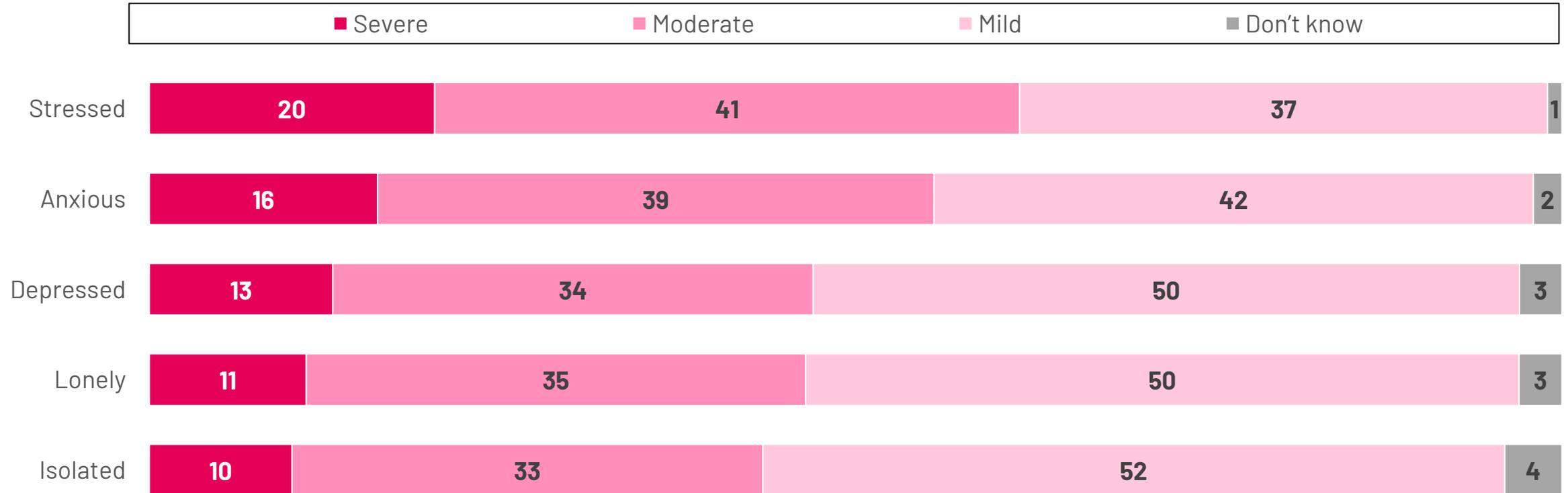


Q.2a And thinking about the past year, how often, if ever, did you feel....

Base: All adults - 1,005/4,278,000

Severity of symptoms

For those experiencing these symptoms a fifth characterise their Stress as severe, versus one in seven with Anxiety an eighth for Depression and roughly a tenth each for Loneliness or Isolation



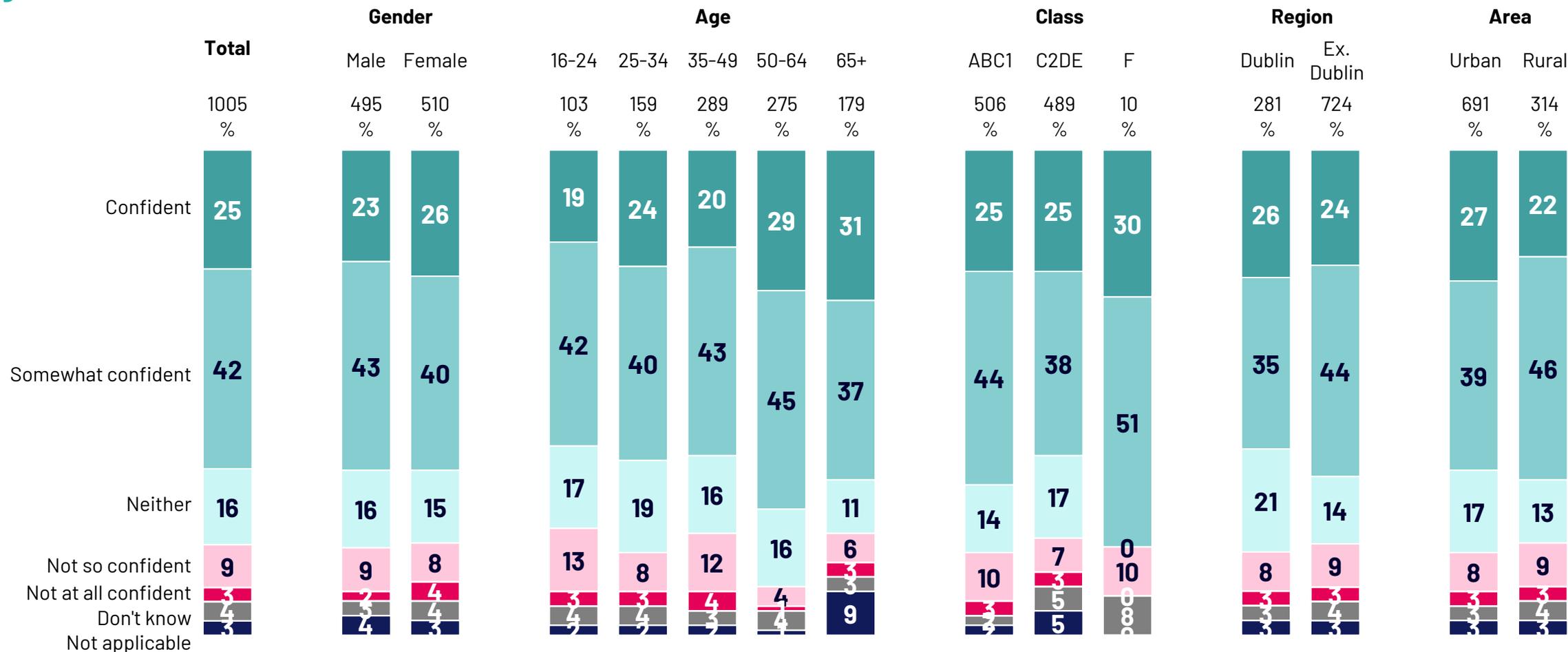
Q.2b And thinking about when you have felt stressed, anxious, depressed or lonely in the last year how would you have described the severity of your symptoms?

Base: All Adults - 1,005/4,278,000

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Most indicate that they would be at least somewhat confident in their ability to assess the severity of the conditions they are experiencing

This confidence or certainty rises with age and is somewhat more apparent among women and more notably, older adults. One in eight would not be confident.

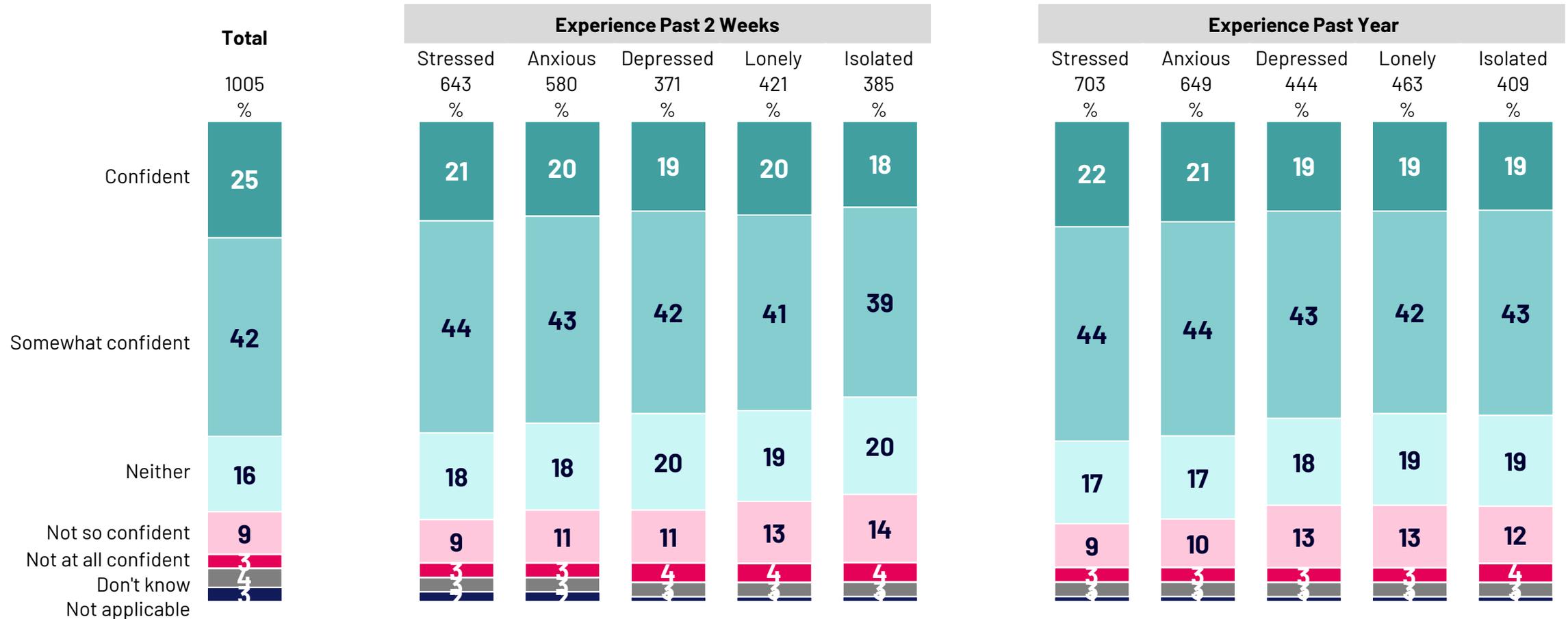


Q.2c Thinking about when, if ever, you feel stressed, anxious, depressed or struggling with your mental health in some way, would you be confident or not about assessing the severity of your own symptoms (mild, moderate or severe?)

Base: All Adults - 1,005/4,278,000

Confidence at assessing severity of own condition

Slightly greater confidence in ability to assess severity of own stress: confidence very marginally higher for those conditions more frequently experienced



Q.2c Thinking about when, if ever, you feel stressed, anxious, depressed or struggling with your mental health in some way, would you be confident or not about assessing the severity of your own symptoms (mild, moderate or severe?)

Base: All Adults - 1,005/4,278,000

Demographics in which we see elevated experience

In many instances higher levels of experience tie in with youth, are more often female than male, and are principally higher this year among those who are single

Stressed

Often:

25% of all adults

- 43% of 16-24
- 32% of those aged 25-34
- 37% of those Family Pre-school
- 32% of women
- 38% family pre-school lifestage

Depressed

Often:

10% of all adults

- 23% of Under 25s
- 16% of 25-34s

Anxious

Often:

21% of all adults

- 26% of women
- 20% of family pre school

Loneliness

Often:

13% of all adults

- 27% of Under 25s
- 21% of single lifestage

Isolation

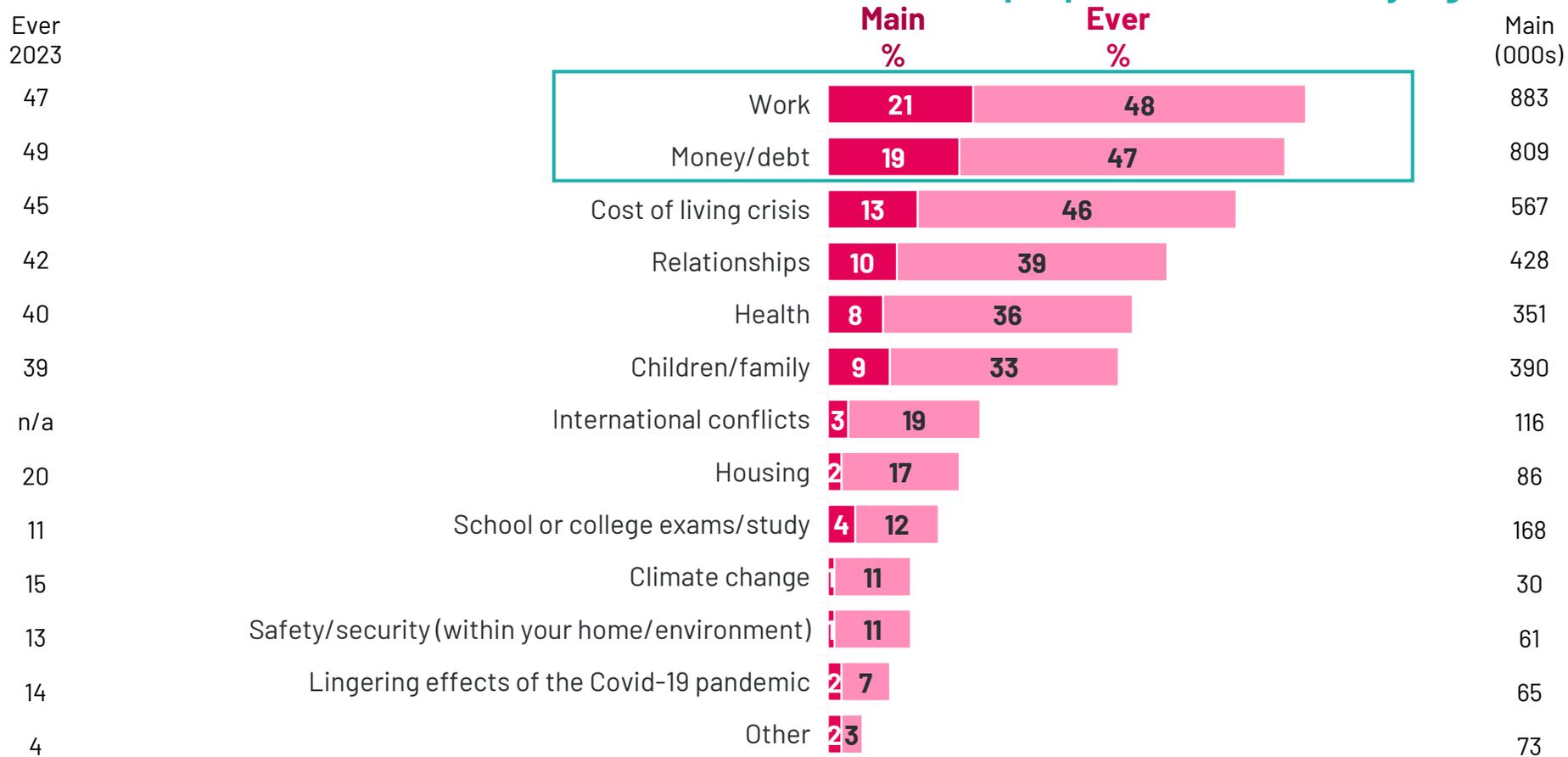
Often:

12% of all adults

- 28% of Under 25s
- 19% of single lifestage

Work & money/debt issues are the top two causes of stress with top six unaltered; international conflicts enters at #7

Money/debt and work remains the top two causes of stress in peoples' lives. Other key causes of stress are the cost of living crisis (related to money/debt), relationships, health and children/family. If combining money/debt and cost of living it would be the main issue for three in ten, or almost 1.4 million people (and substantially higher than in 2019)



Q.3a Thinking just about feeling stressed now, which of the following ever cause you stress?

Q.3b And which one would you say is the main cause of stress in your life?

Base: All adults - 1,005/4,278,000

Main Causes of Stress - Summary

Key stressors often relate to stage in life, stage of family etc

Work 48%

Ever

- 66% of 25-34s
- 61% of 35-49
- 60% of ABC1
- 22% of Dubliners
- 71% of pre-family lifestage
- 62% of family teen

Money/Debt 47%

Ever

- 60% of 25-34s
- 55% of 35-49
- 60% of family pre teen

Cost of Living Crisis 46%

Ever

- 53% of women
- 60% of family Pre teen

Relationships 39%

Ever

- 42% of women
- 37% of men

Health 36%

Ever

- 43% of 50-64
- 47% of 65+

Children/Family 33%

Ever

- 41% of women
- 41% of 35-49s
- 40% of 50-64s
- 52% of family ore teen
- 41% rest of Leinster

International conflicts 19%

Ever

- 26% those aged 65+
- 22% of women
- 16% men

Housing 17%

Ever

- 28% of those aged 25-34
- 28% of pre-family lifestage

Q.3b And which one would you say is the main cause of stress in your life?

Base: All adults - 1,005/4,278,000

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In keeping with the notion of 'polycrisis' there is a broader array of potential stressors in 2025 with international conflicts looming large

This could be a function of many elements but presumably the concurrence of the Pandemic and the more recent Cost of Living crisis, or the Polycrisis as some term it, is likely to be at the root of related stress. The average person experiences 3.31 causes of stress, lower than 2024 and with work and family marginally reducing this year.

	Main cause of Stress					Ever Cause Stress				
	2013	2015	2019	2023	2025	2013	2015	2019	2023	2025
	%	%	%	%	%	%	%	%	%	%
Work	25	20	24	19	21	27	30	37	47	48
Money/debt	33	24	19	17	19	44	38	37	49	47
Cost of living crisis	n/a	n/a	n/a	13	13	n/a	n/a	n/a	45	46
Children/family	n/a	3	12	11	13	n/a	3	27	39	33
Relationships	9	8	5	11	10	13	20	19	42	39
Health	10	14	11	8	8	19	23	23	40	36
School or college exams/study	7	3	6	2	4	9	5	12	11	12
International conflicts	n/a	n/a	n/a	n/a	3	n/a	n/a	n/a	n/a	19
Lingering effects of the Covid-19 pandemic	n/a	n/a	n/a	2	2	n/a	n/a	n/a	14	7
Housing	n/a	n/a	2	3	2	n/a	n/a	8	20	17
Climate change	n/a	n/a	n/a	1	1	n/a	n/a	n/a	15	11
Safety/security (within your home/environment)	n/a	n/a	2	1	1	n/a	n/a	8	13	11
War in Ukraine	n/a	n/a	n/a	2	n/a	n/a	n/a	n/a	16	n/a
Other	n/a	3	1	2	2	n/a	3	2	4	5

Q.3a Thinking just about feeling stressed now, which of the following ever cause you stress?

Q.3b And which one would you say is the main cause of stress in your life?

Base: All adults - 1,005/4,278,000

MENTAL HEALTH SUPPORT & ATTITUDES

One in eight say they find talking to a Counsellor/ Psychotherapist helpful when struggling with a fifth mentioning the GP

Exercise has declined to an extent this year & for the first time we see specific reference to AI & digital resources, albeit at very low levels. Nonetheless, exercise, talking to a friend/relative and talking to a spouse/partner all to the forefront still

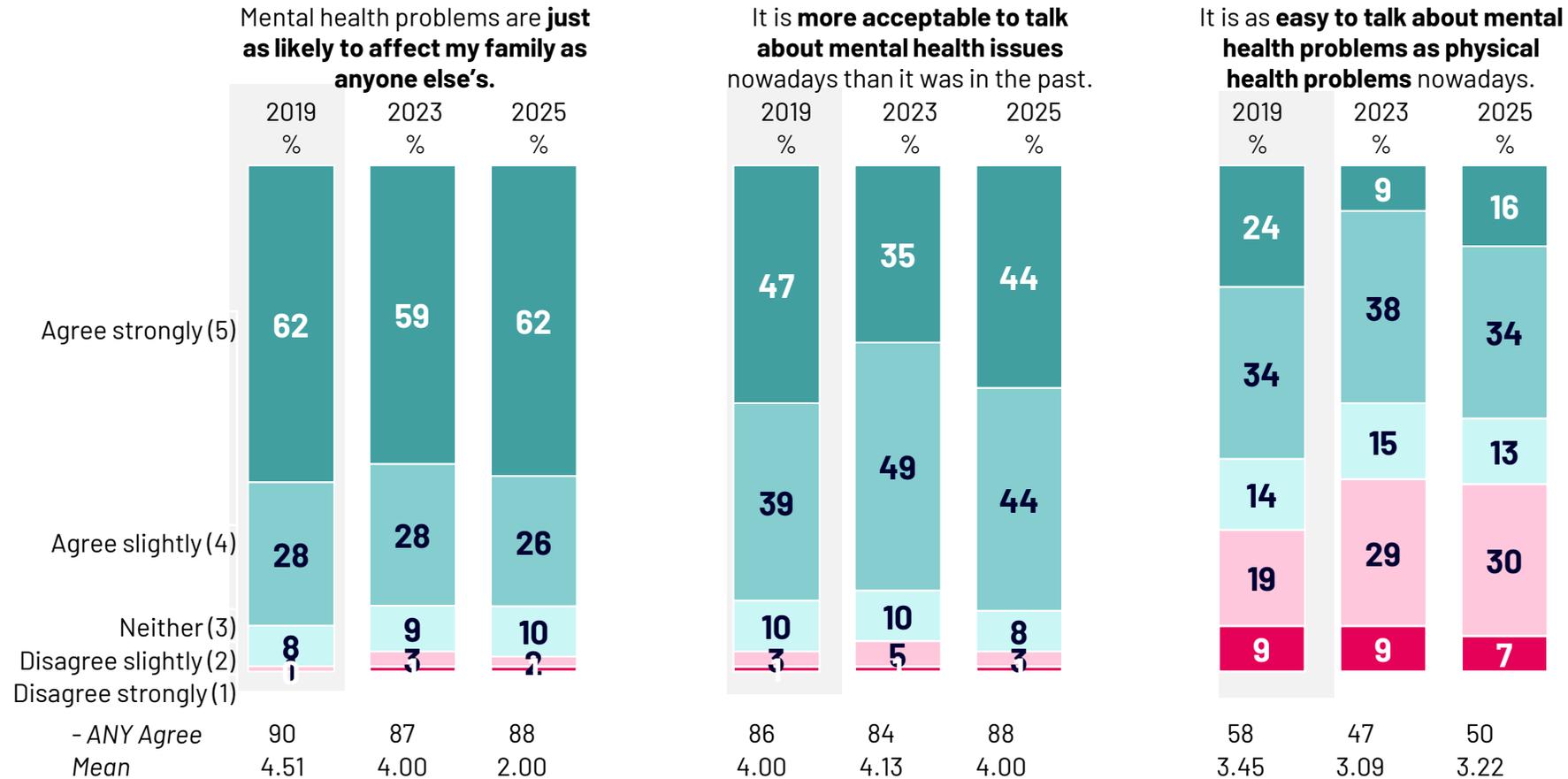


Q.5 And now thinking about when you feel stressed, anxious, depressed, or struggling with your mental health in some way, what do you do that is helpful?

Base: All adults - 1,005/4,278,000

Growing acceptability to discuss mental health issues

This year we see a growth in the acceptability of talking about mental health issues with almost half now feeling it is as easy to talk about mental health as physical health, with a notable growth in strong agreement.



NB: 2019 data was face to face

Q.1a To what extent do you agree or disagree with the following statements

Base: All adults - 1,005/4,278,000

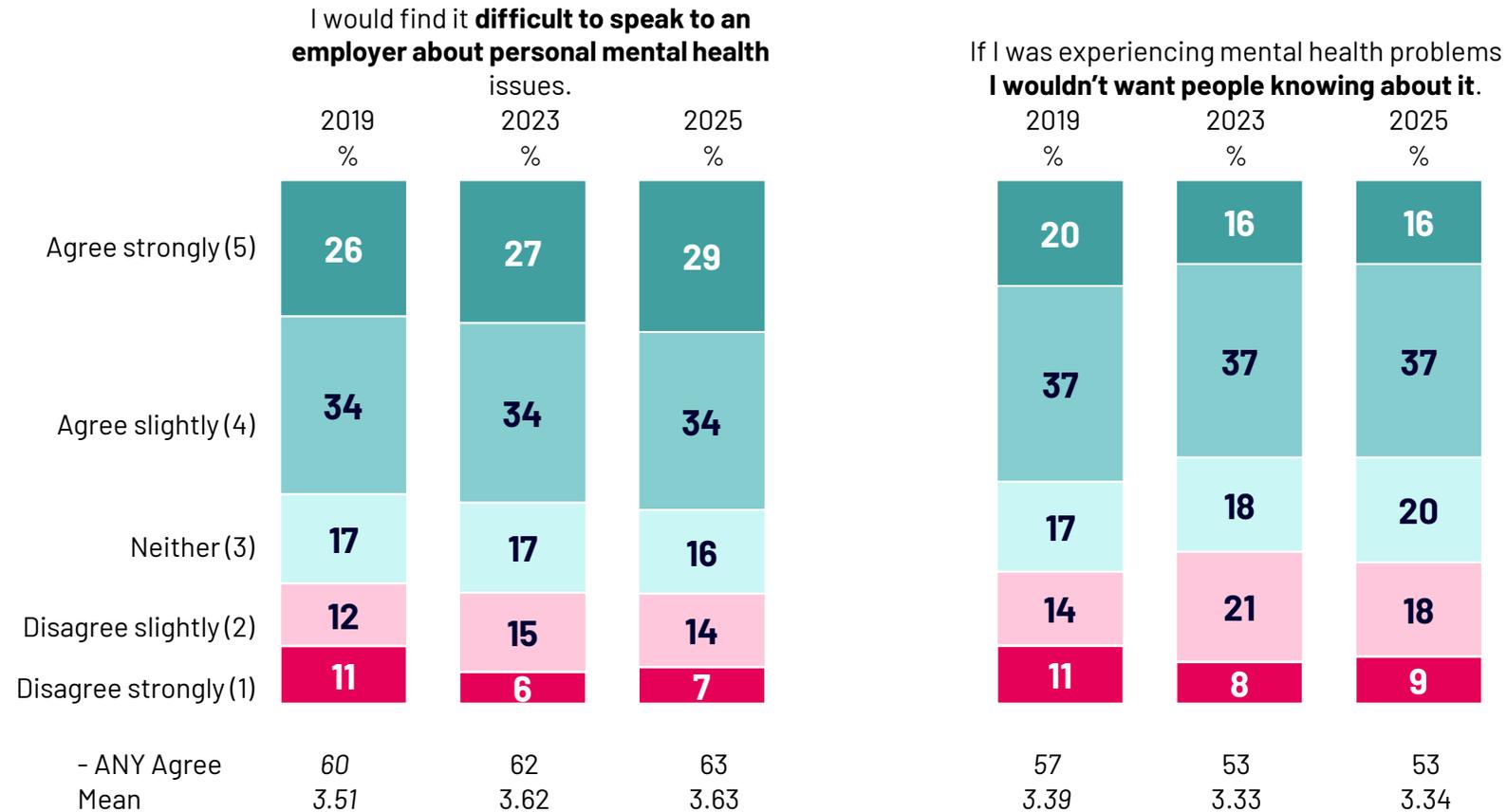
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*Small base



Disclosure is still a difficulty

Despite growing openness to the discussion of mental health issues, almost two in three would be wary to talk to an employer and there is no reduction from the majority preferring that people didn't know about any mental health difficulties they have.



Q.1a To what extent do you agree or disagree with the following statements

Base: All adults - 1,005/4,278,000

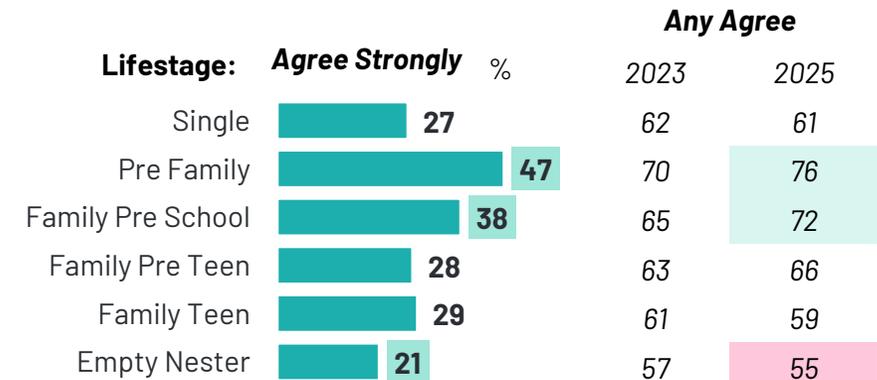
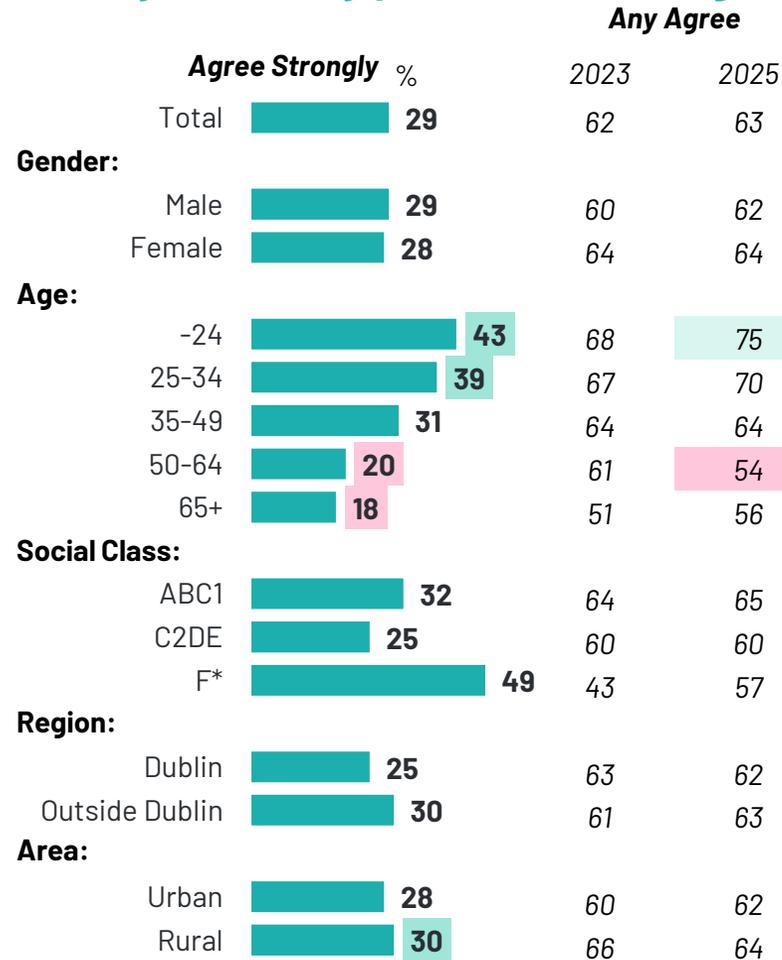
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*Small base



I would find it difficult to speak to an employer about personal mental health issues

It is noticeable that younger adults are much more reluctant and indeed this viewpoint is growing. Equally there is tentativeness in the pre-family and family pre-school lifestages.



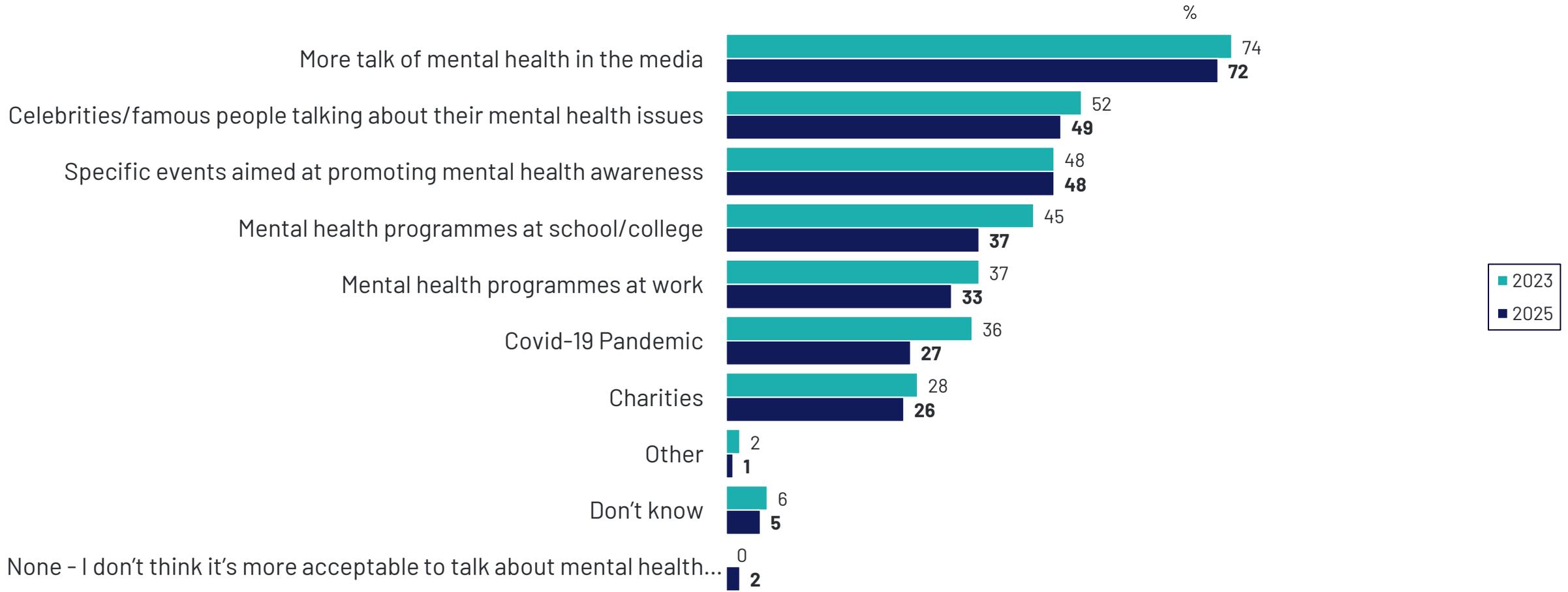
*Small base

Q.1a To what extent do you agree or disagree with the following statements

Base: All adults - 1,005/4,278,000

Media focus, celebrities and awareness raising elements make acceptance of mental health issues easier

A similar pattern of response to that seen in 2023, although with fewer mentioning the pandemic or indeed mental health programmes in school or work.



Q.1b And which, if any of the following, do you think have contributed to it being more acceptable to talk about mental health issues today?

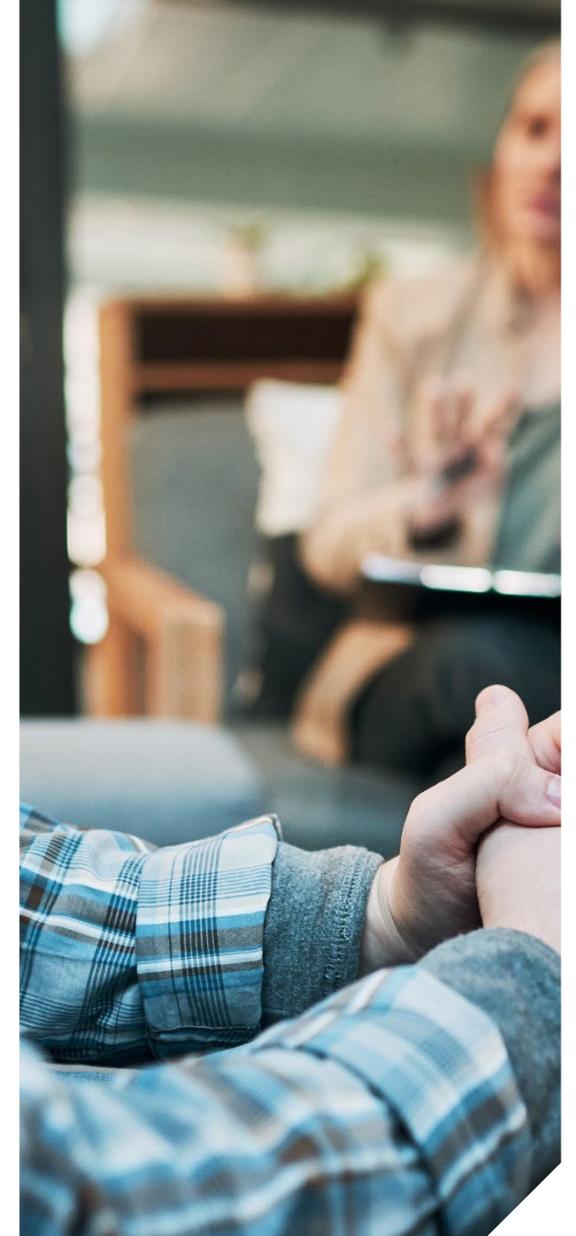
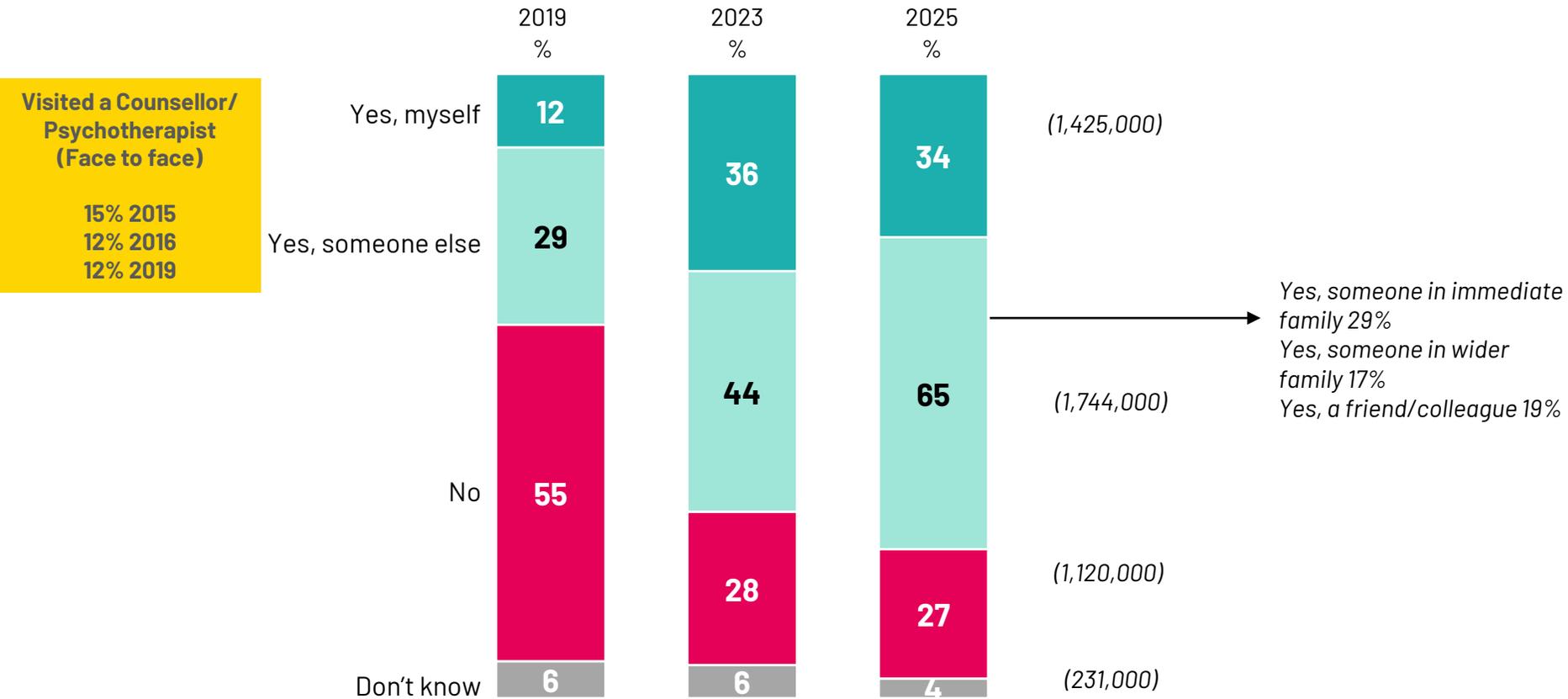
Base: Those who say it is more acceptable to discuss mental health - 1,005/4,278,000

ATTITUDES TOWARD ATTENDING COUNSELLING/ PSYCHOTHERAPY



One in three adults have been to see a Counsellor or Psychotherapist

The proportion indicating experience of counsellors or psychotherapists continues to grow with many indicating that someone they know has experience.



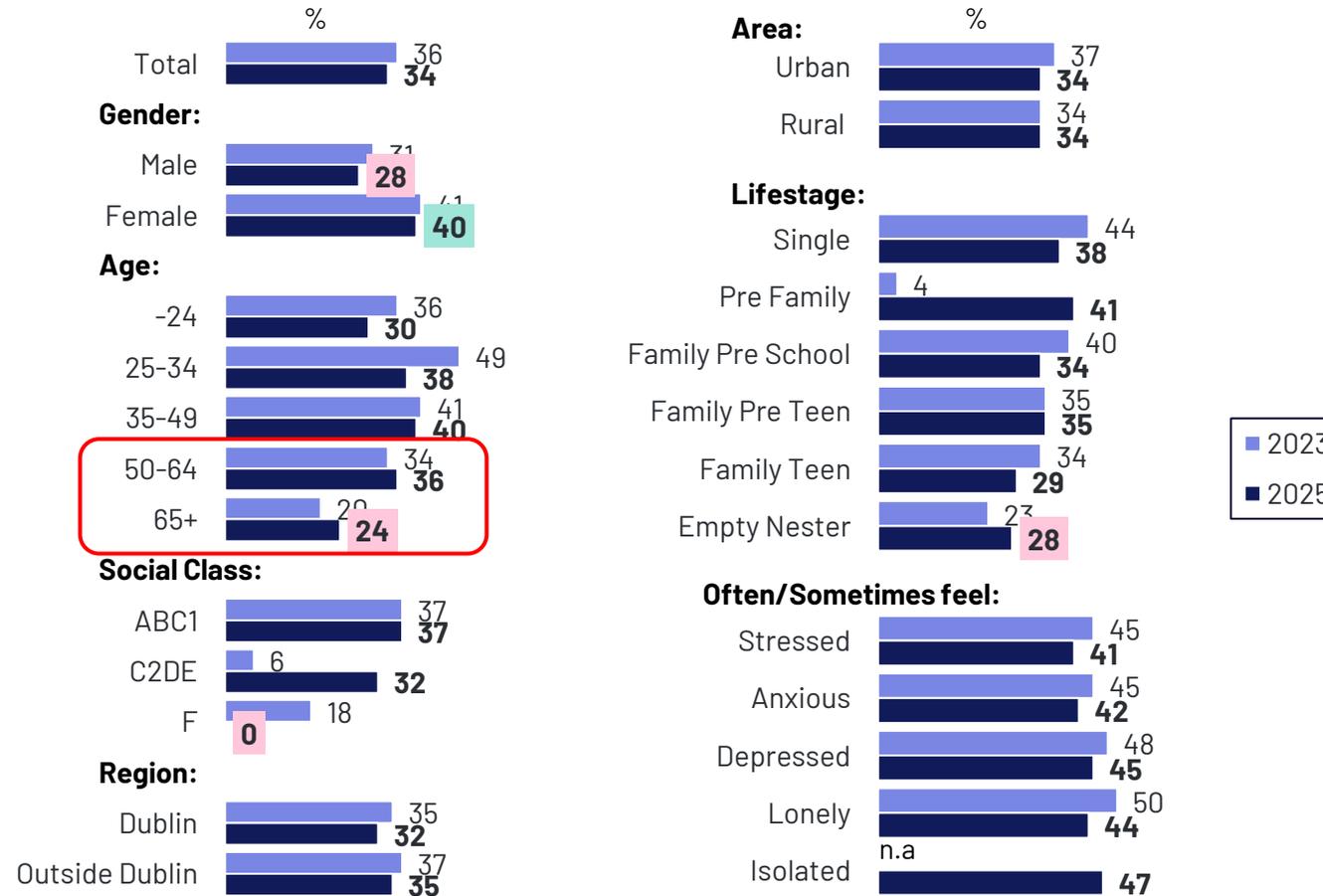
Q.8a Have you, or someone you know, ever seen a counsellor/psychotherapist?

Base: All adults - 1,005/4,278,000

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Personally seeing a Counsellor/Psychotherapist x demographics

Slight growth in experience in the two age categories over 50 and among empty nesters. The broad pattern is of greater female and 25 to 64 experience, slightly more elevated among those experiencing isolation or depression.

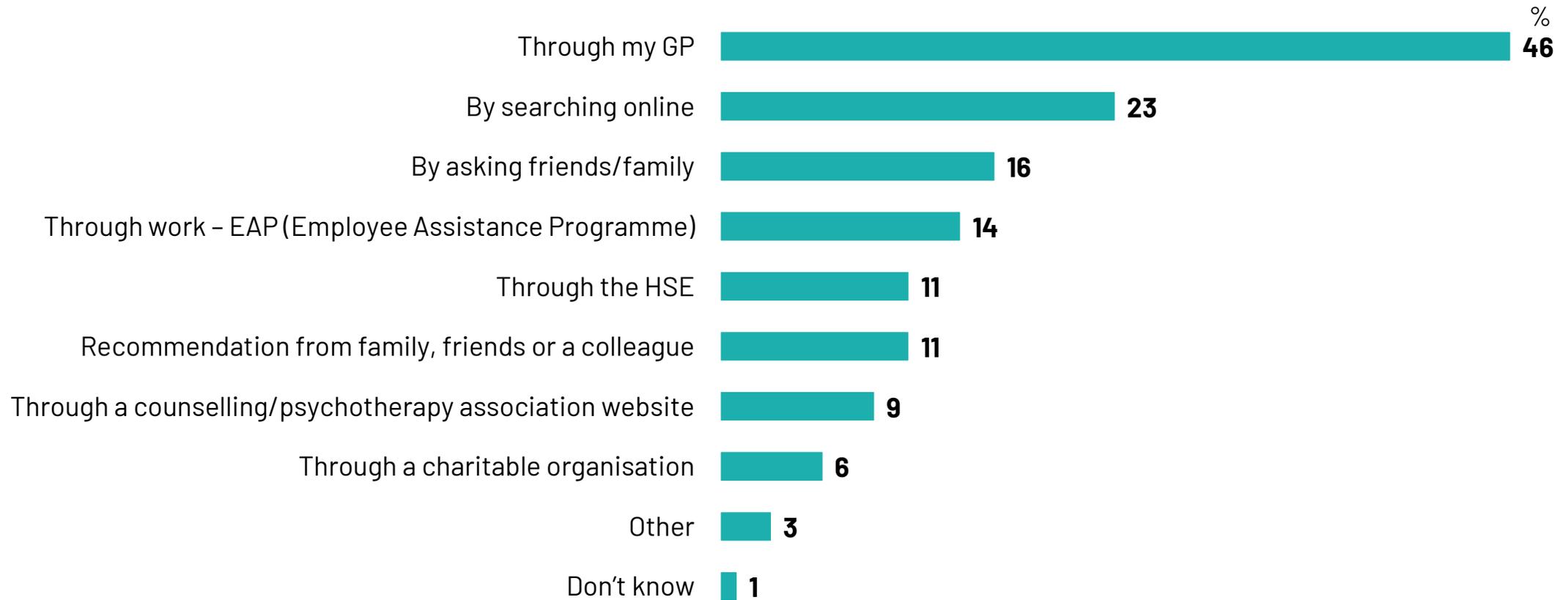


Q.8a Have you, or someone you know, ever seen a counsellor/psychotherapist?

Base: All adults - 1,005/4,278,000

For those who have attended a counsellor or psychotherapist, almost half indicate that they found them through their GP

Word of mouth is also sizable and one in seven mention a work-based EAP



Q.8b How did you find your counsellor / psychotherapist?

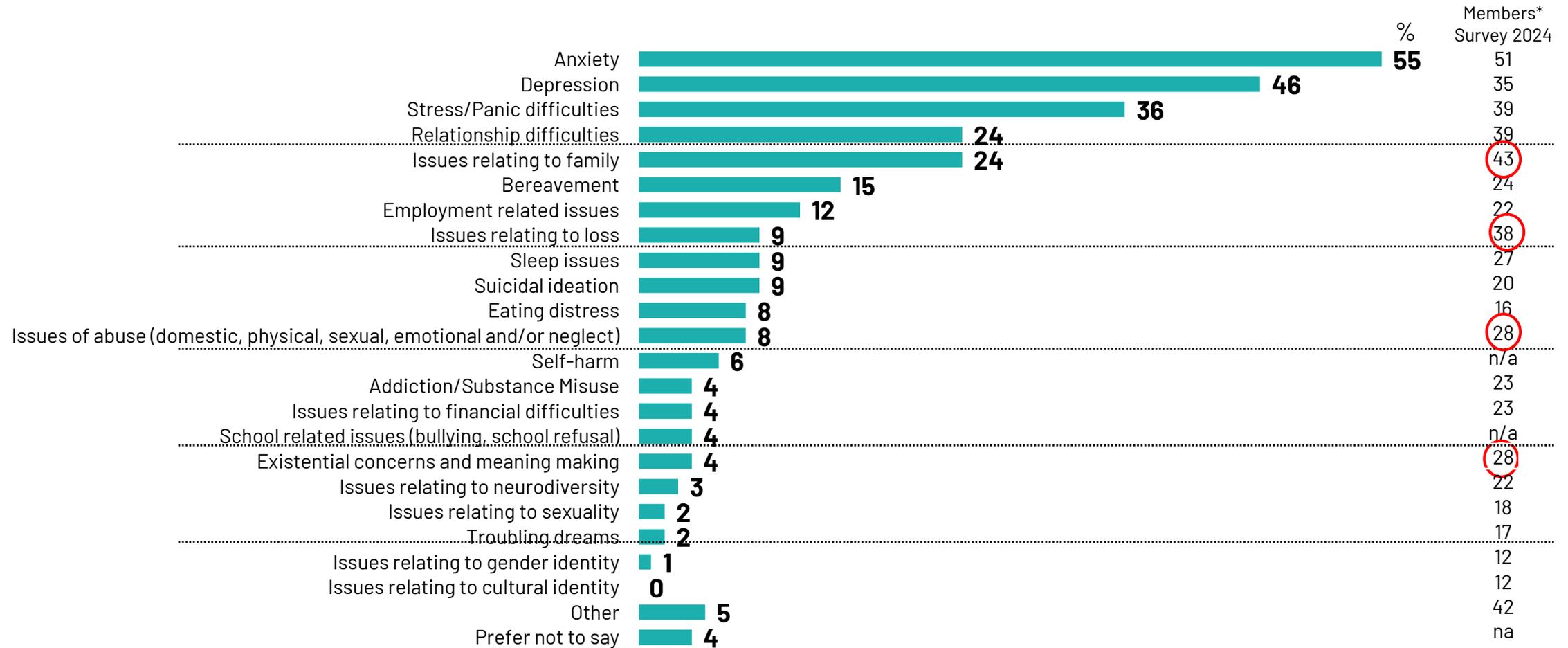
Base: 354 Adults attended counsellor/psychotherapist

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50

Reasons for contacting a counsellor or psychotherapist

Anxiety, Depression to the forefront but relationship and family difficulties very sizable too and more than a third experience panic or stress



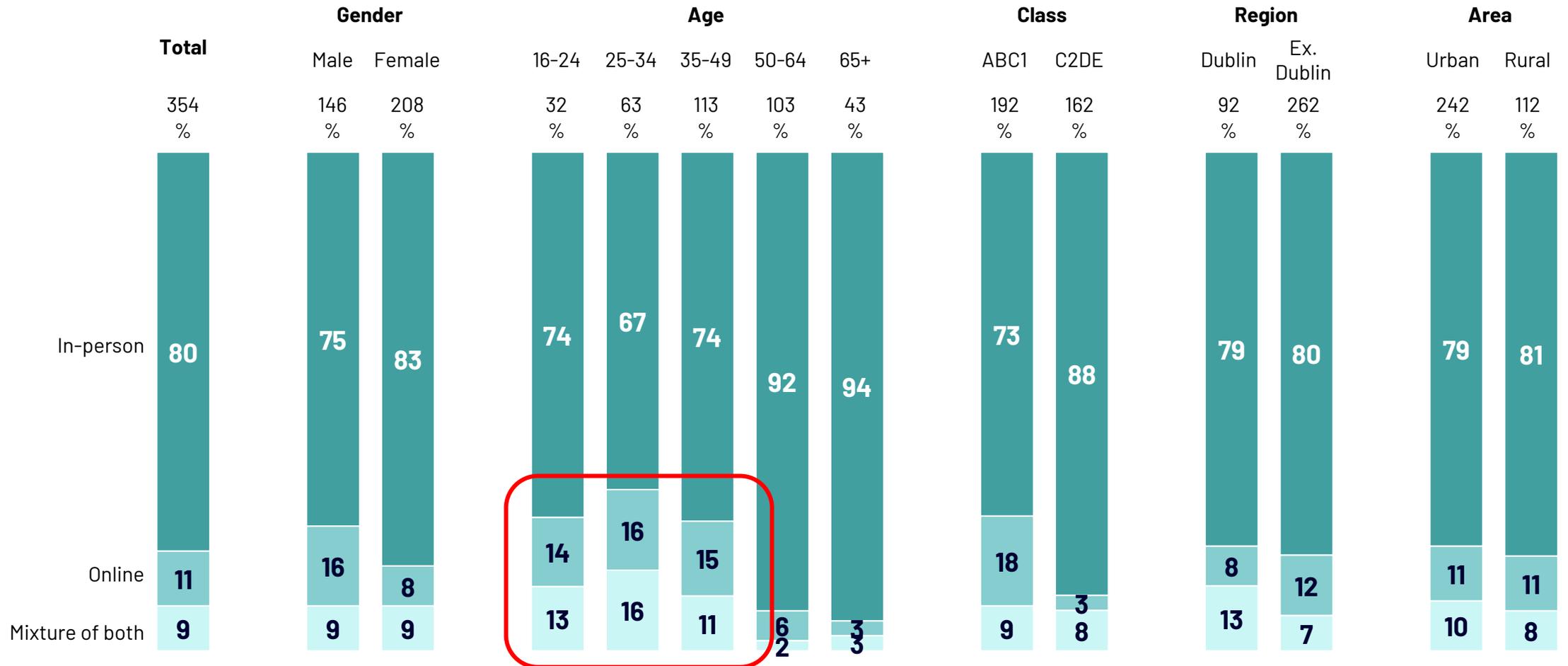
*What members report they typically deal with

Q.8c What are the areas that you have sought support with through counselling/psychotherapy?

Base: 354 Adults attended counsellor/psychotherapist

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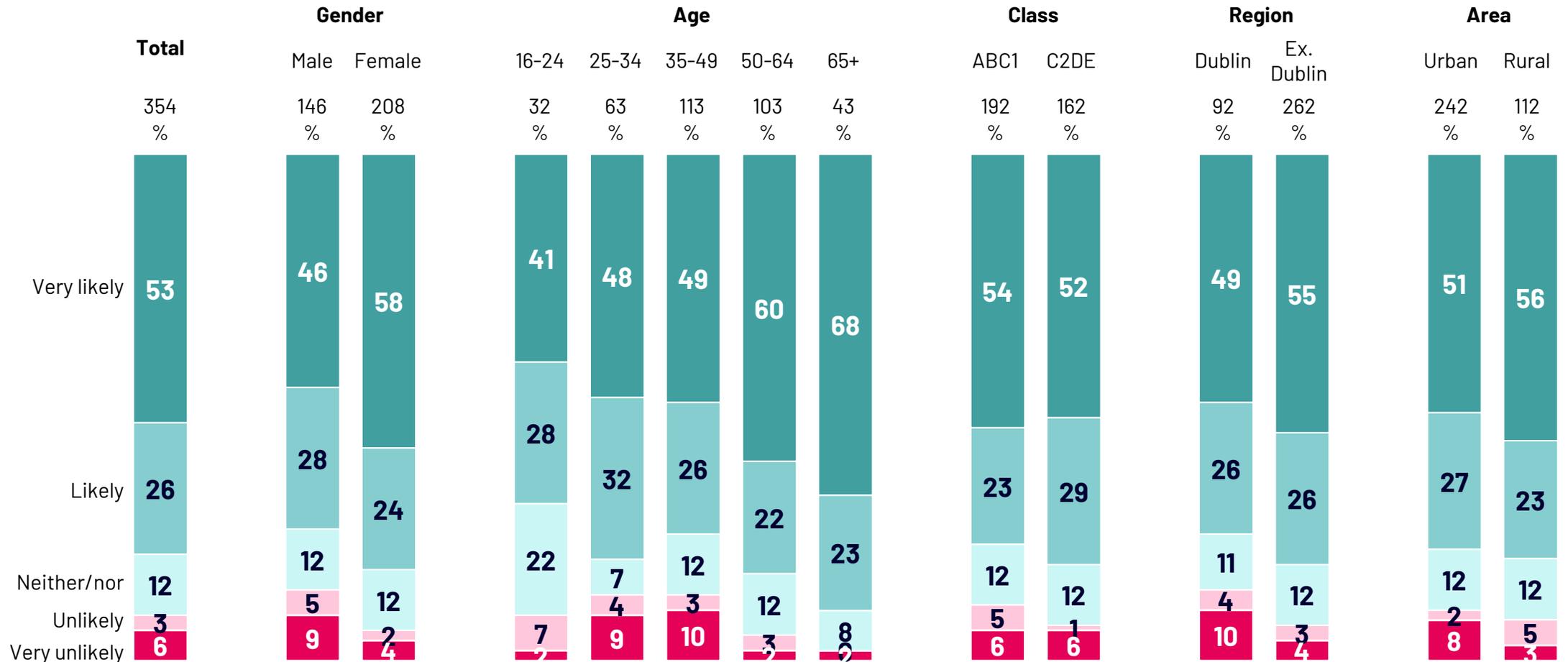
Vast majority have attended in person with one in nine online and the balance a combination of in-person and online



Q.8d And how did you attend your counselling / psychotherapy sessions?

Base: 354 Adults attended counsellor/psychotherapist

For those who have attended, vast majority (8/10) would recommend it to a friend or family member whom they felt might benefit

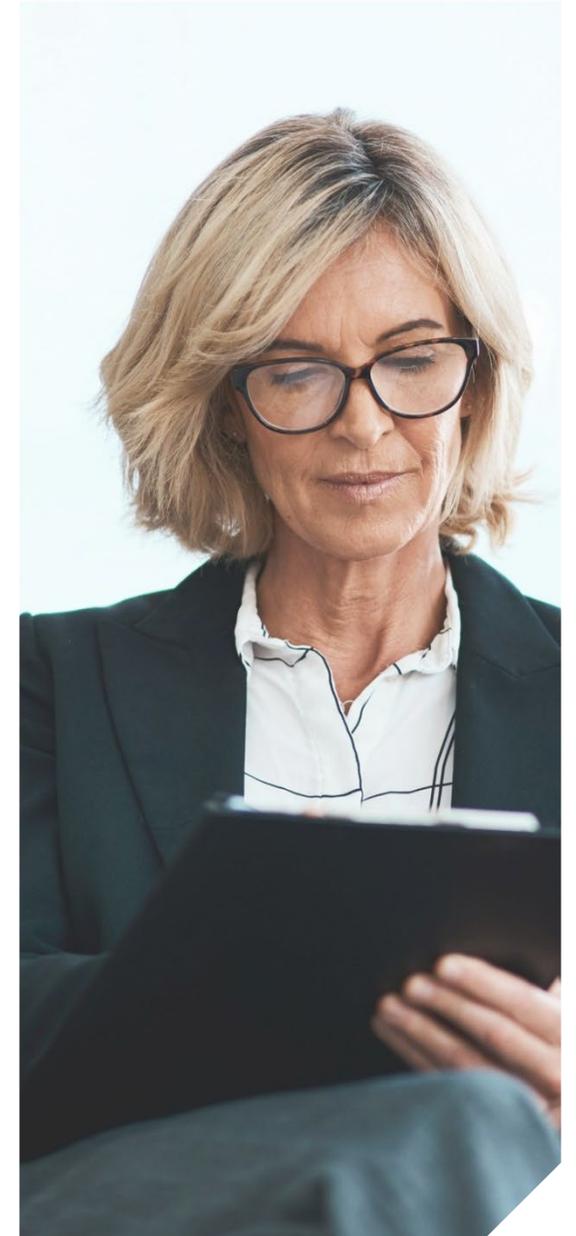
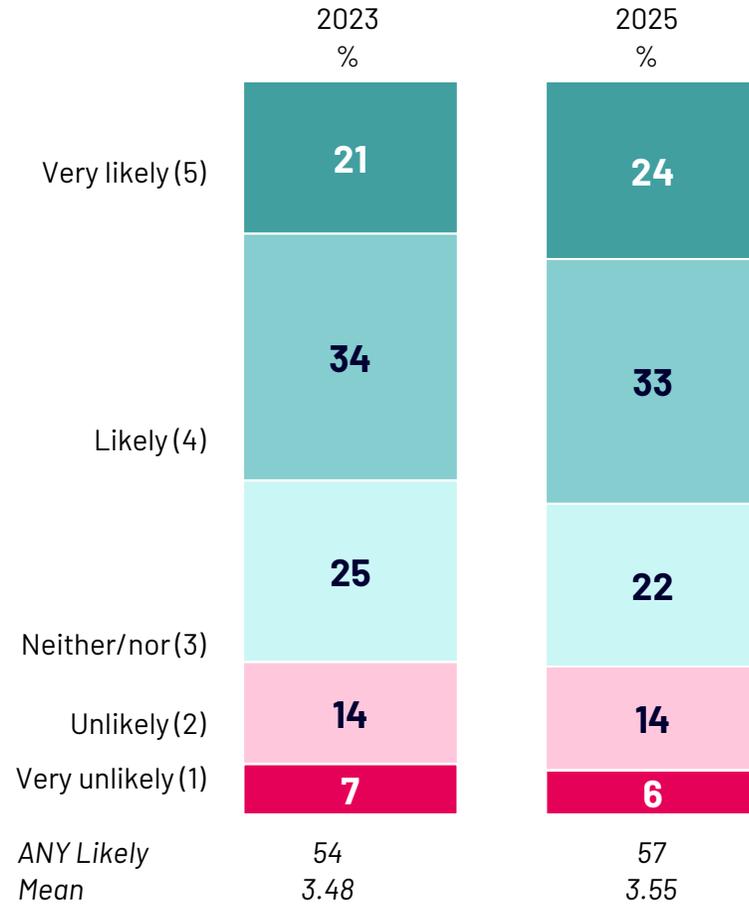


Q.8e And how likely would it be that you would recommend counselling/psychotherapy to a friend/family member you feel might benefit from it?

Base: 354 Adults attended counsellor/psychotherapist

Almost three in five keen to see a counsellor or psychotherapist if necessary

Sustained growth since last year with a majority keen to see a counsellor or psychotherapist in the event that they were feeling stressed, anxious, depressed or struggling with their mental health

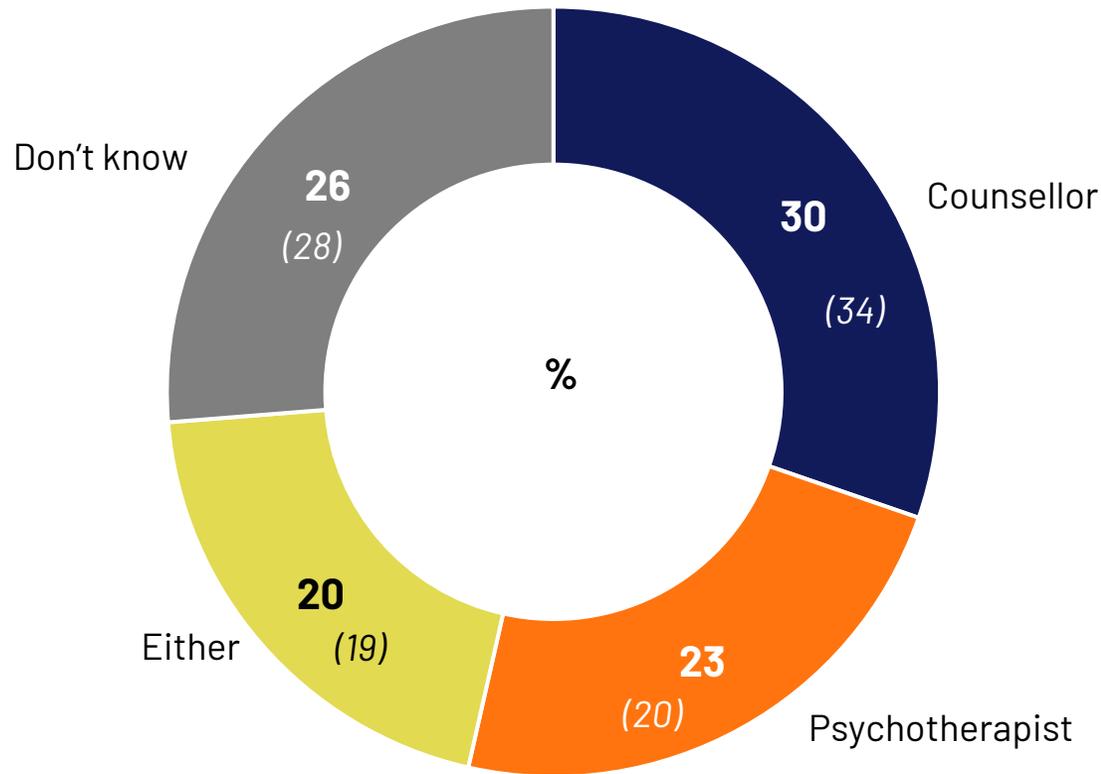


Q.9 And if you were feeling stressed, anxious, depressed, or struggling with your mental health in some way, how likely would you be to see a counsellor/psychotherapist?

Base: All adults - 1,005/4,278,000

Preference for a counsellor or a psychotherapist

In 2023, there had been slightly greater preference for a counsellor over a psychotherapist. While that pattern remains, there has been a marginal decline in the numbers nominating a counsellor and a growth in those suggesting a psychotherapist. Women somewhat more likely to nominate a counsellor and men and younger adults a psychotherapist.



	Counsellor	Psycho-therapist	Either
	%	%	%
Male	27	26	20
Female	33	21	21
16-24	20	34	27
25-34	25	35	21
35-49	33	23	18
50-64	34	14	21
65+	32	18	18
ABC1F	30	26	21
C2DE	30	20	20
Dublin	24	28	21
Ex Dublin	32	21	20
Urban	27	27	21
Rural	34	16	19

Q.9a And if you did decide you wanted to see a counsellor or psychotherapist which would you be more likely to choose?

Base: All adults - 1,005/4,278,000

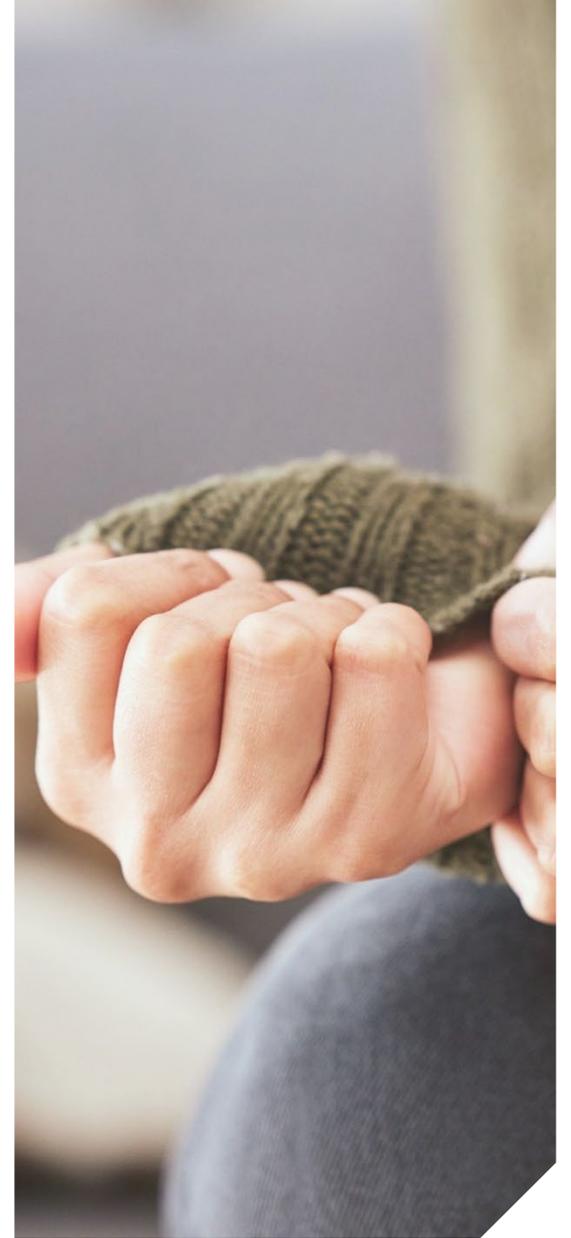
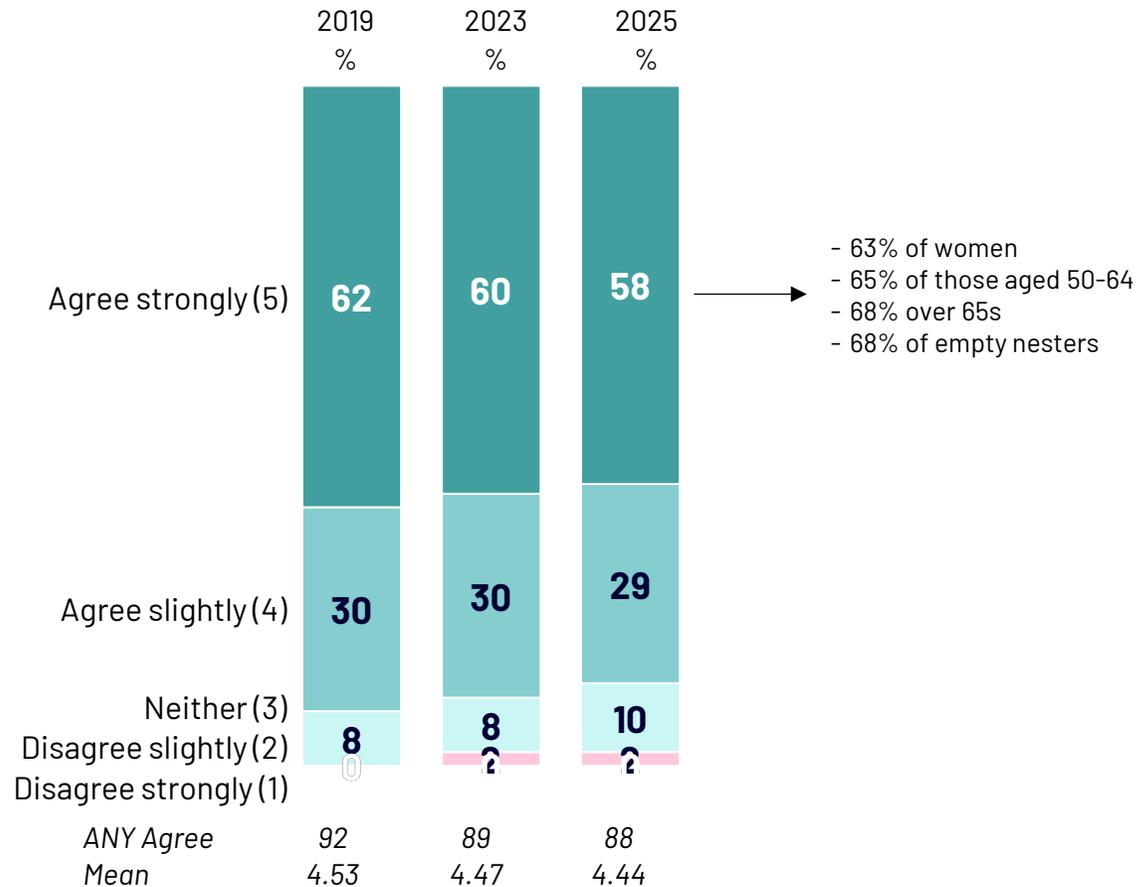
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57

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Almost universal acceptance that it is beneficial to seek counselling or psychotherapy if struggling

Strong agreement has eased slightly but is still very high

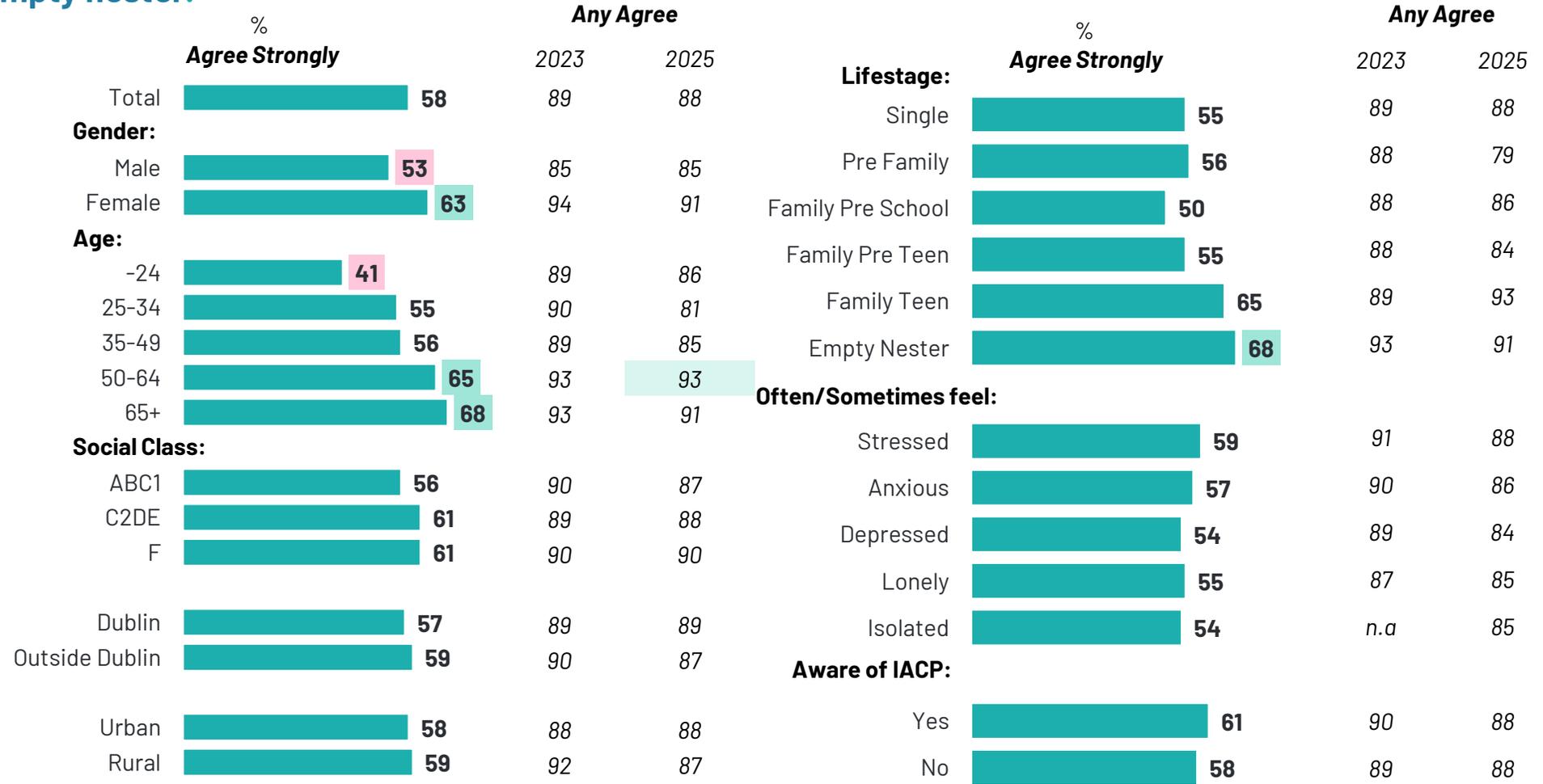


Q.11 And to what extent do you agree with each of the following? It is a good idea to see a Counsellor/Psychotherapist if you are struggling with your mental health.

Base: All adults - 1,005/4,278,000

It is a good idea to seek Counselling/Psychotherapy if you are struggling with your mental health

As before, much stronger agreement in older age, among women and those who are in the family teen lifestage or indeed who are now an empty nester.

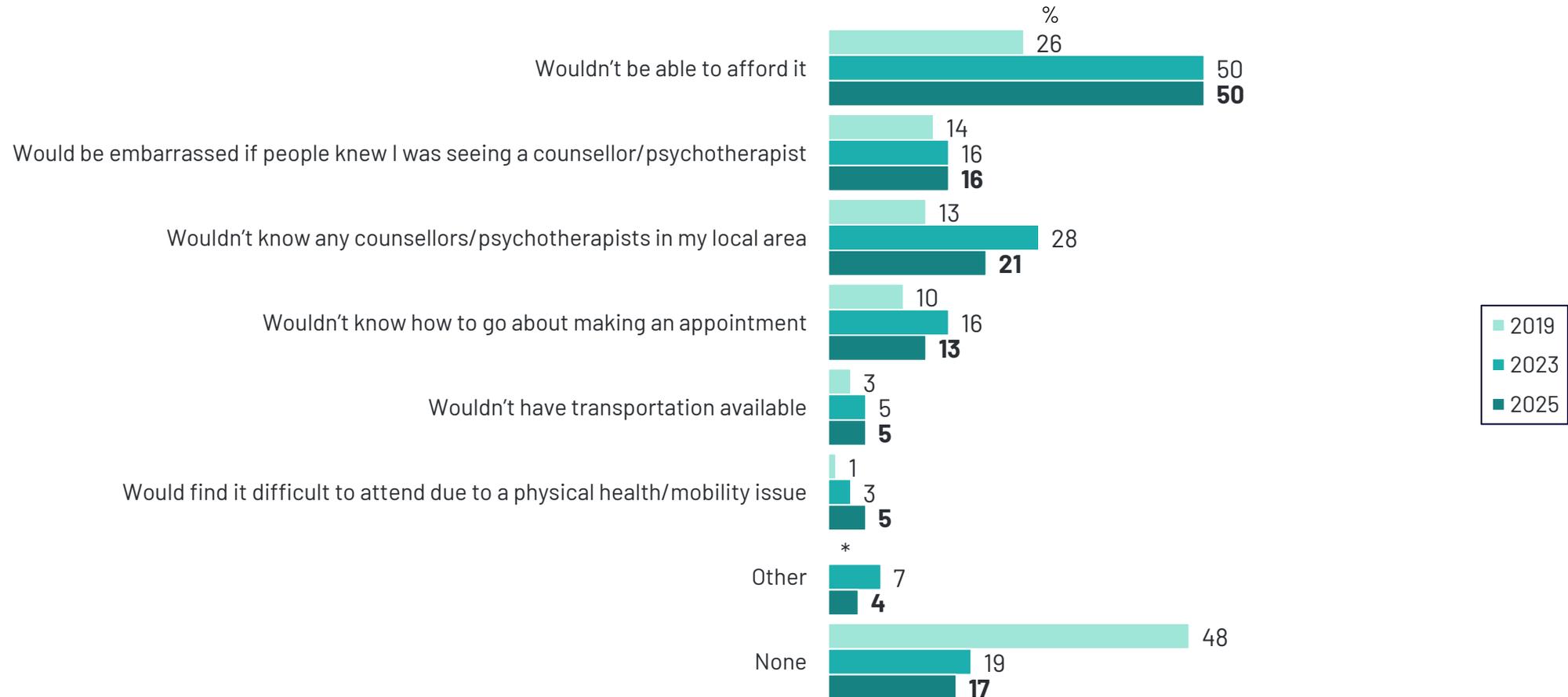


Q.11 And to what extent do you agree with each of the following? It is a good idea to see a Counsellor/Psychotherapist if you are struggling with your mental health.

Base: All adults - 1,005/4,278,000

Half suggest affordability is a barrier to seeking counselling

In keeping with 2023, ability to pay is a key disincentive although not being aware of counsellors as well as embarrassment are sizeable issues as well.



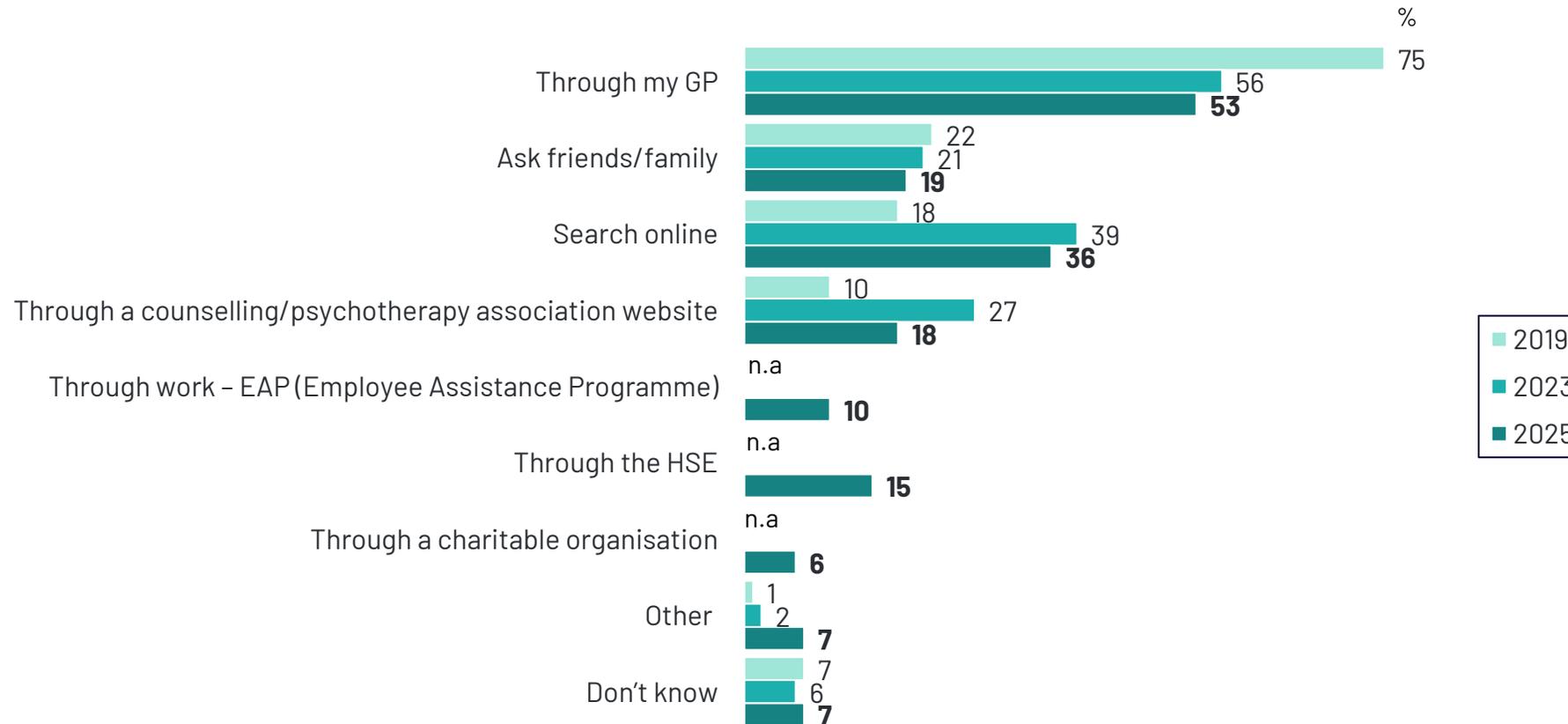
Q.9b And what if anything do you think might discourage you from seeing a counsellor/psych therapist?

Base: All adults – 1,005/4,278,000

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The GP and online searches the most likely way of making initial contact

While the proportion nominating these each declines, we note growth in numbers suggesting accessing through the HSE, through an EAP with a fifth referencing an association website.

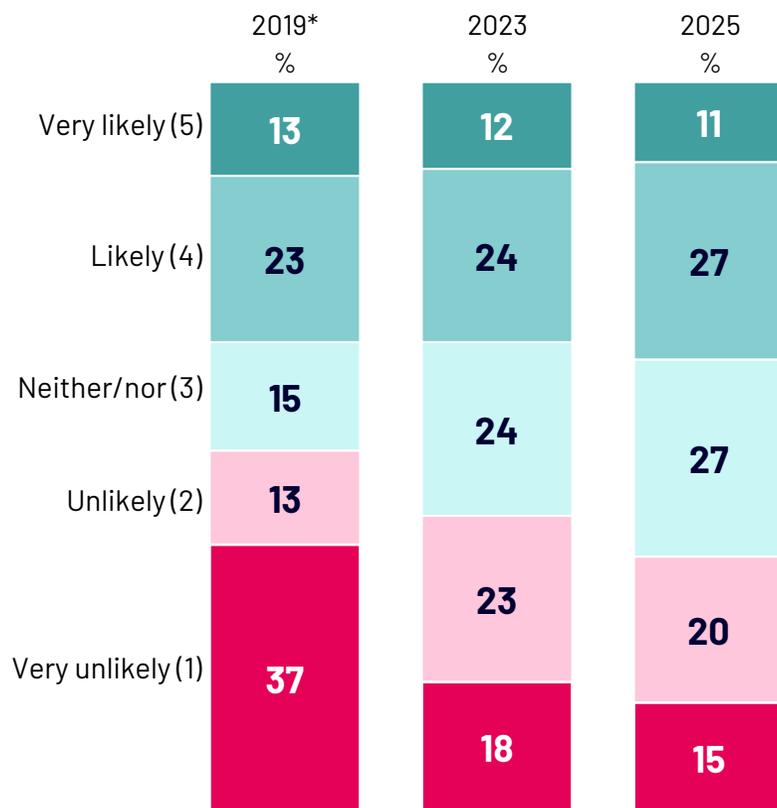


Q.9c And if you did decide you wanted to see a counsellor/psychotherapist, how do you think you would go about making an initial appointment?

Base: All adults - 1,005/4,278,000

Almost two in five open to idea of online therapy

There may not be notable growth in enthusiasm but the proportion suggesting they wouldn't avail of online counselling or psychotherapy continues to reduce, paralleling increased use of digital meeting options.



ANY Likely	36	35	39
Mean	2.62	2.89	3.00

* 2019 data was face to face

Q.9d And how likely would you be to opt for online counselling/psychotherapy?

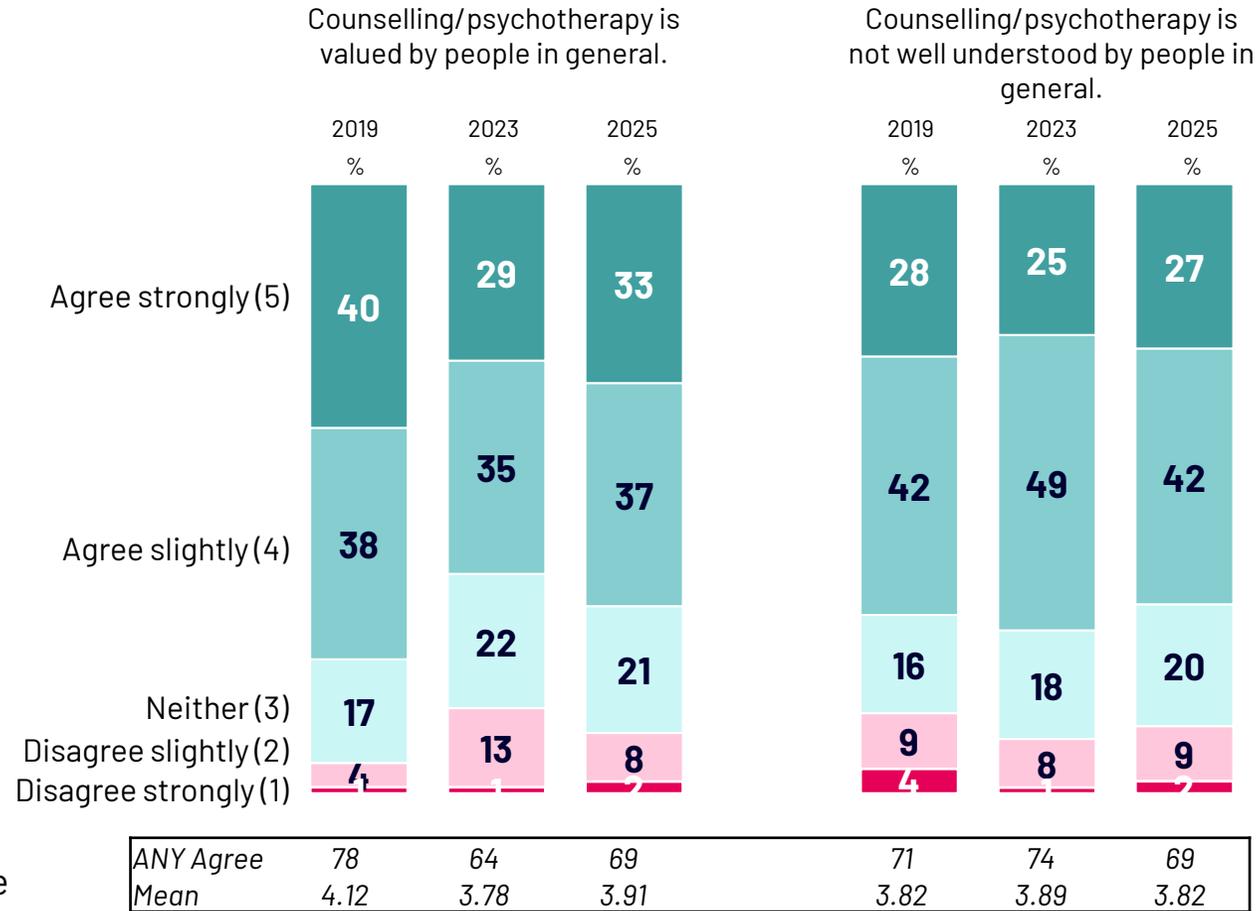
Base: All adults - 1,005/4,278,000

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64

Most value counselling or psychotherapy but believe it is not well understood

These two conflicting ideas continue to co-exist: valuing continues to grow, but more than two in three suspect the area isn't well understood.



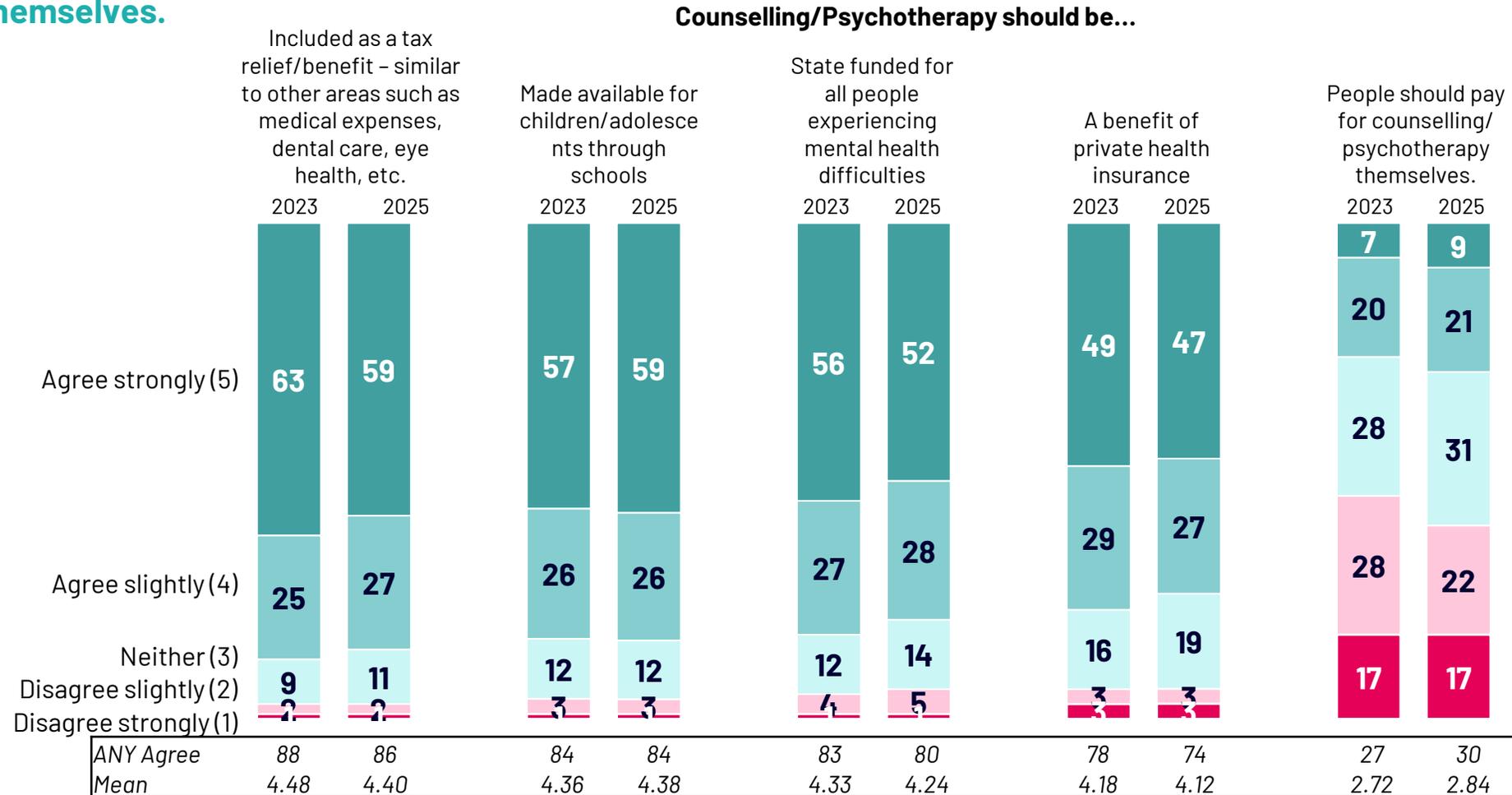
* 2019 data was face to face

Q.11 And to what extent do you agree with each of the following?

Base: All adults - 1,005/4,278,000

Strong support for funding of Counselling/Psychotherapy

Almost universal acceptance that tax relief should be available along with counselling for adolescents in school and State funding as well as cover under private insurance. Only a quarter feel that those availing of such a service should pay for it themselves.

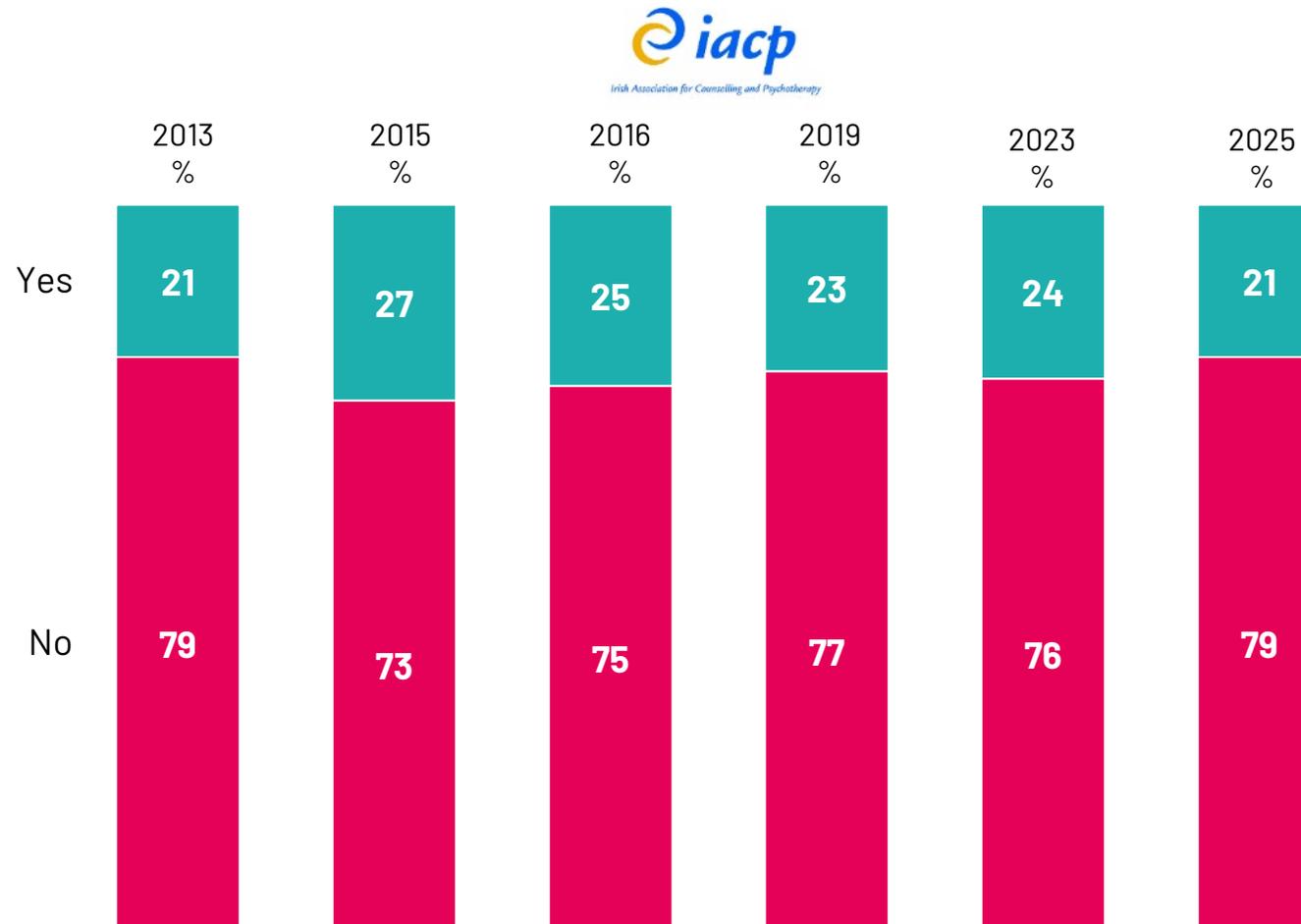


Q.10 Thinking of the availability and funding of counselling/psychotherapy, to what extent do you agree or disagree with each of the following statements?

Base: All adults – 1,005/4,278,000

A fifth of Irish adults are aware of the IACP

Just over one in five indicate that they are aware of the IACP, a slight but non-significant reduction.



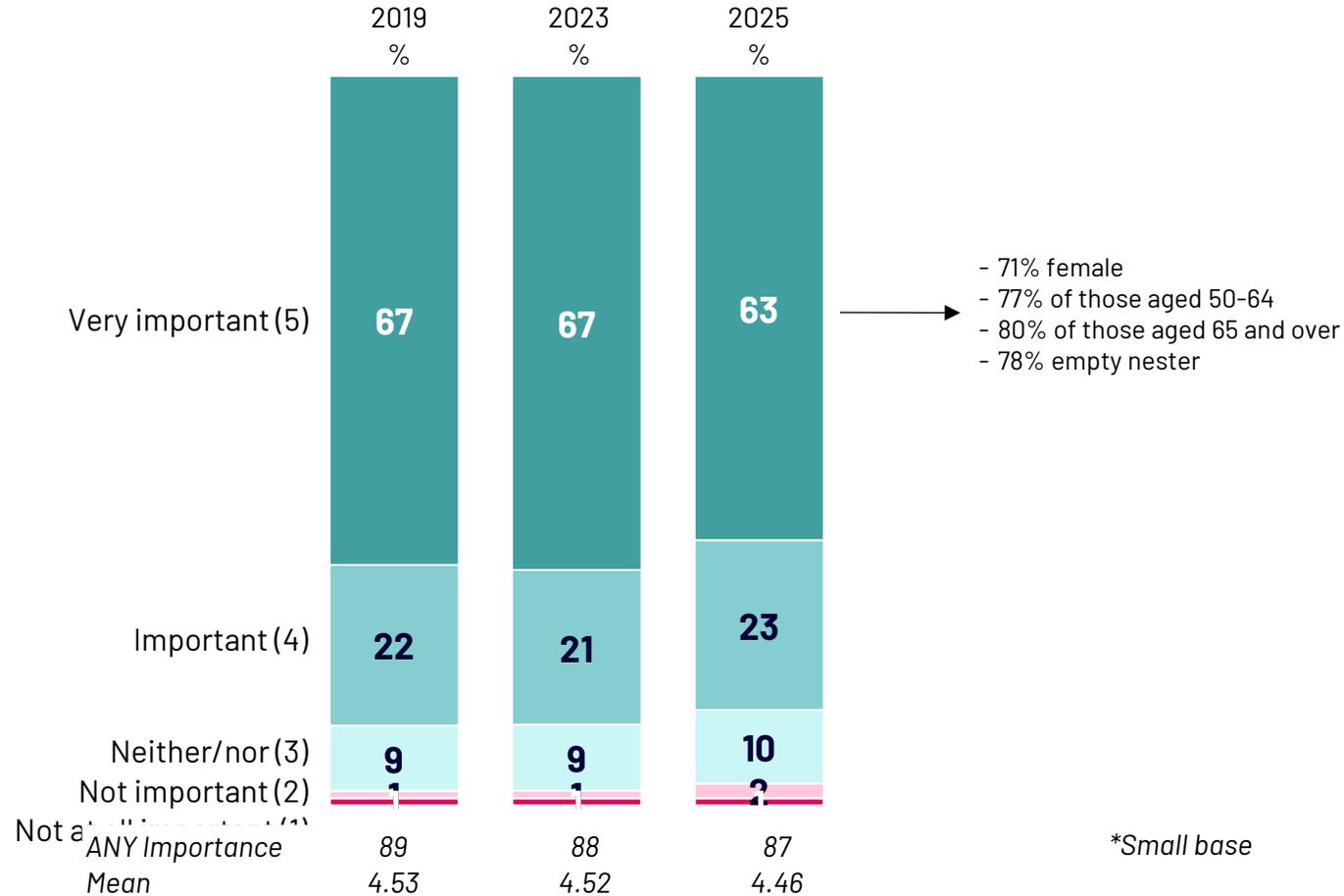
Q.12 And finally, have you heard of the Irish Association for Counselling and Psychotherapy?

Base: All adults - 1,005/4,278,000

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Almost universal belief in importance of therapist fully trained & registered with a professional body

Slight easing in top box agreement but as many broadly agree.



Q.9e And how important would it be to you that your counsellor/psychotherapist was fully trained and registered as a member of a recognised professional body?

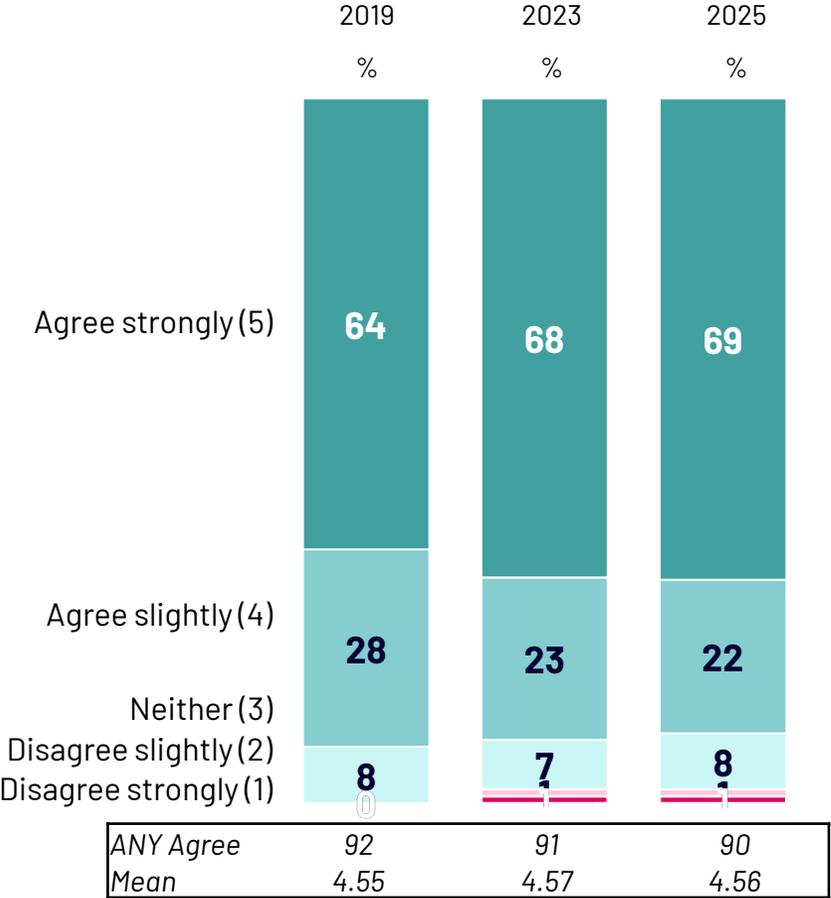
Base: All adults - 1,005/4,278,000

COUNSELLING/ PSYCHOTHERAPY FOR CHILDREN/ADOLESCENTS



Almost universal support for provision of counselling and psychotherapy to children and adolescents

Increase in strong agreement that counselling and psychotherapy should be accessible to children/adolescents who need it



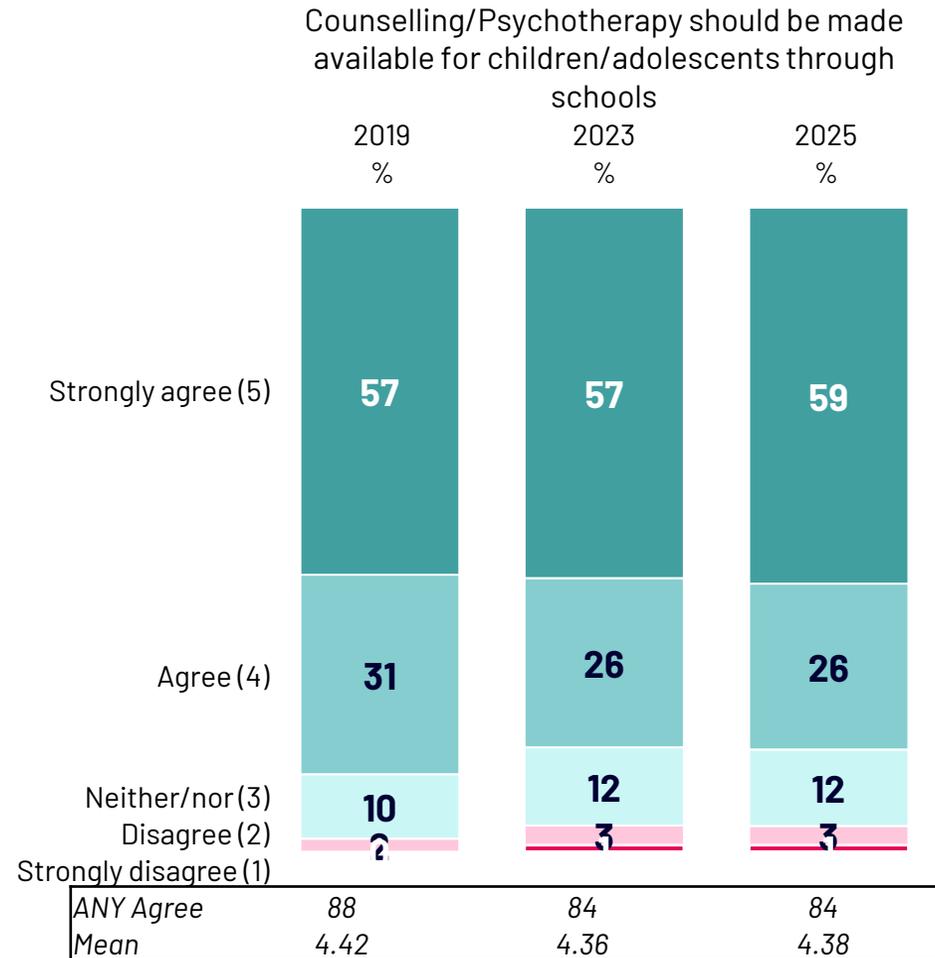
Q.11 And to what extent do you agree with each of the following? It is important for children/adolescents to have access to Counselling/Psychotherapy if they are struggling with their mental health.

Base: All adults - 1,005/4,278,000

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Support for Counselling and Psychotherapy in schools strengthening

Almost universal support with one in eight ambivalent and a tiny proportion opposed



Q.10 And to what extent do you agree or disagree with the following statement: Counselling/psychotherapy should be made available for children/adolescents through schools.

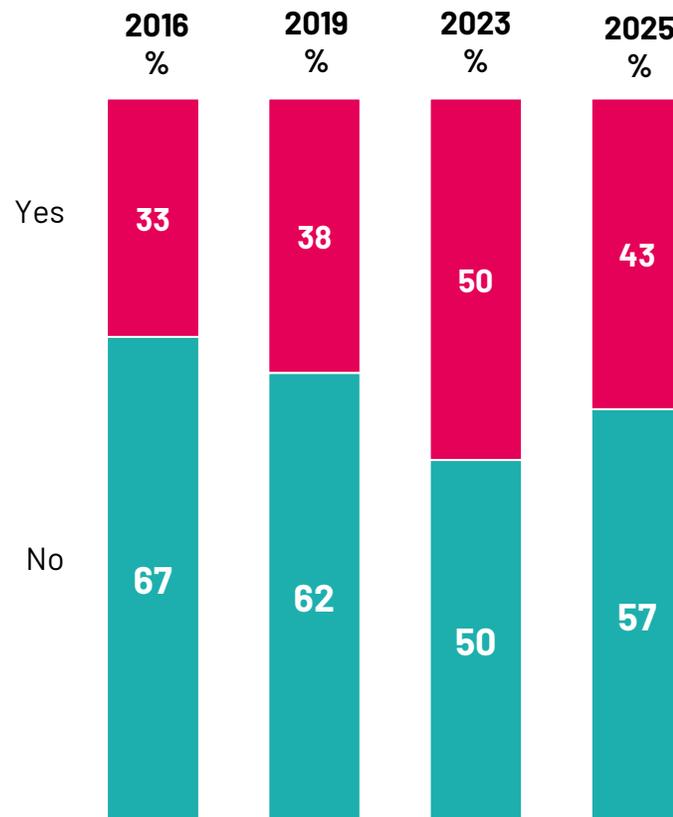
Base: All adults - 1,005/4,278,000

SUICIDE IN IRELAND



Suicide had broader reach two years ago, with slightly declining awareness of it in the community

There has been a reduction in awareness of suicide in the wider family, among friends and colleagues and indeed in the local community or among neighbours. Nonetheless, more than two in five have been affected.



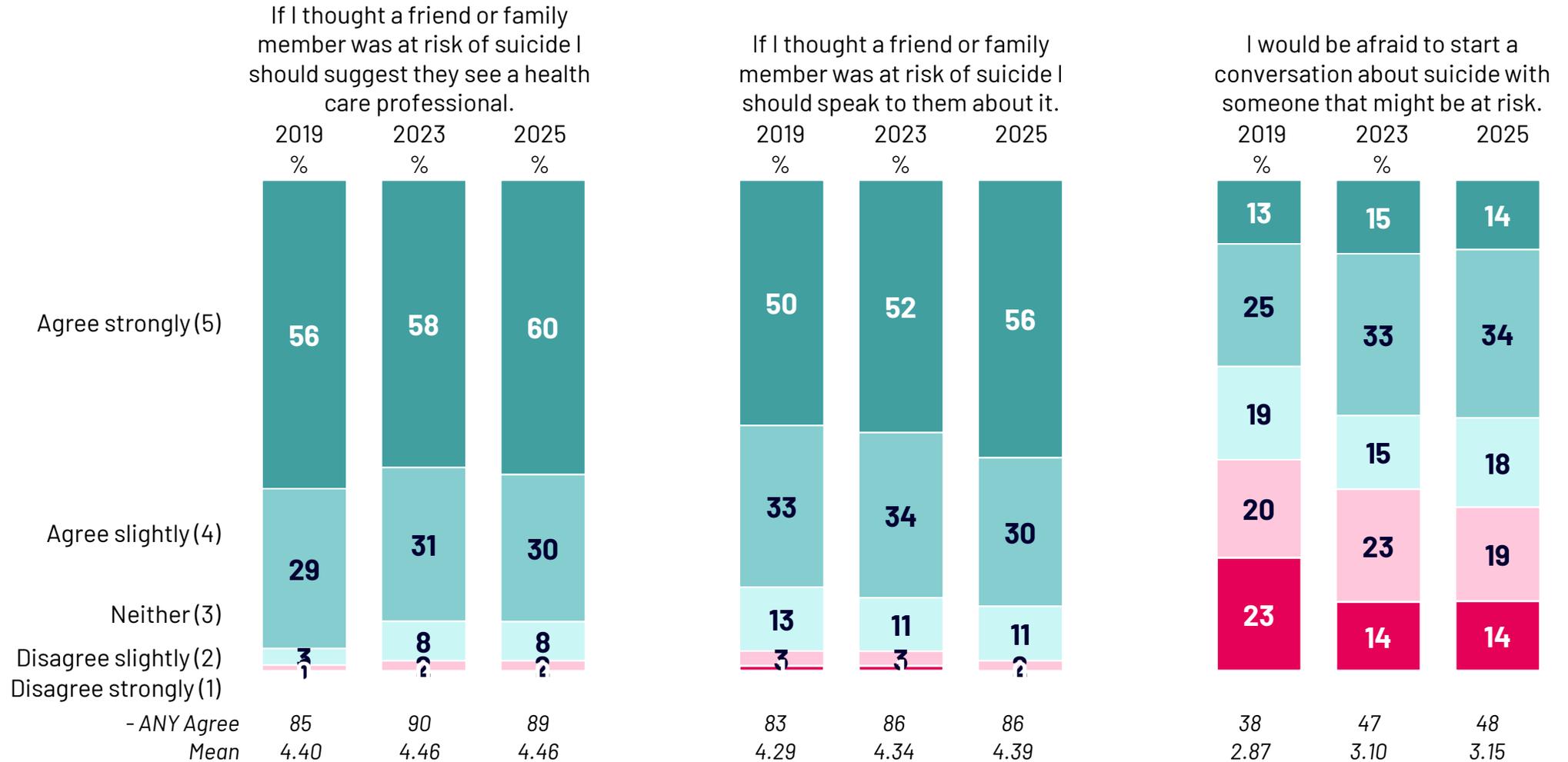
Any yes:	2016	2019	2023	2025	000s
Immediate family	6	5	7	6	277
Wider family	7	9	15	13	564
Friends/colleagues	11	14	19	16	673
Local community/ neighbours'	14	17	23	19	833
	13%	14%	22%	19%	
	25%	31%	42%	35%	

Q.6 Have you or your family been directly affected by suicide?

Base: All adults - 1,005/4,278,000

Talking about suicide remains a challenge

A growing number indicate that they would try to talk to a family member if they felt they were at risk of suicide, but almost half would be afraid to initiate the conversation.



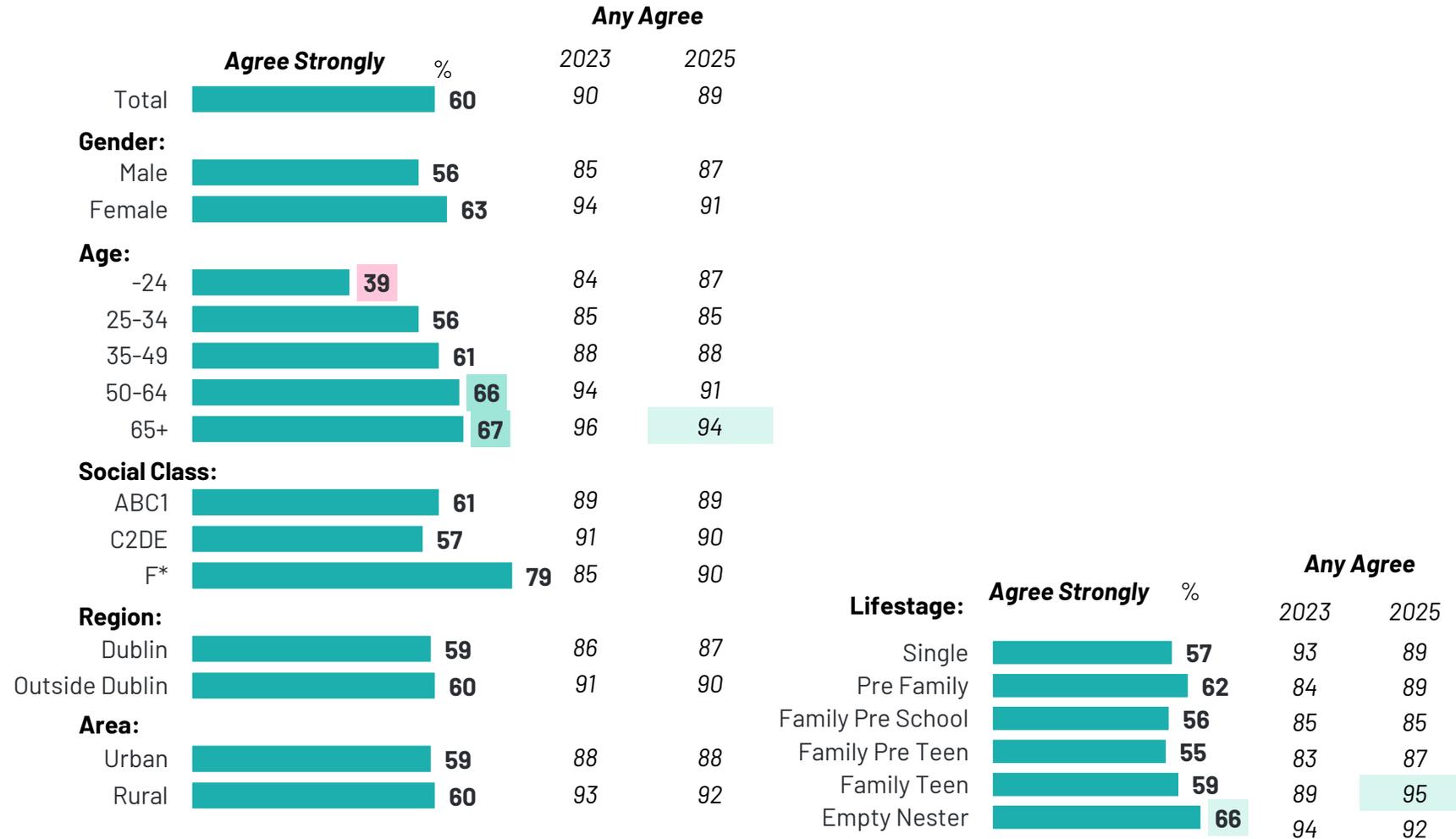
Q.7 And do you agree or disagree with each of the following statements?

Base: All adults - 1,005/4,278,000

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If I thought a friend or family member was at risk of suicide, I should suggest they see a healthcare professional

A majority suggest they would refer a friend or family member to a HCP: certainty grows with age and is more likely female.



Q.7 And do you agree or disagree with each of the following statements?

Base: All adults - 1,005/4,278,000

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*Small base



I would be afraid to start a conversation about suicide with someone that might be at risk

Despite the openness to talk or intervene where a friend may be in danger, a majority under 35 are quite uncertain about what to do.

		Any Agree	
Agree Strongly %		2023	2025
Total	14	47	48
Gender:			
Male	15	50	50
Female	13	45	47
Age:			
-24	21	57	68
25-34	21	49	55
35-49	13	47	46
50-64	9	46	42
65+	11	41	40
Social Class:			
ABC1	15	51	49
C2DE	13	44	47
F*	10	58	49
Region:			
Dublin	16	51	48
Outside Dublin	13	46	48
Area:			
Urban	15	46	50
Rural	12	50	45

		Any Agree	
Lifestage:	Agree Strongly %	2023	2025
Single	16	52	51
Pre Family	17	48	56
Family Pre School	16	53	54
Family Pre Teen	15	47	51
Family Teen	10	40	39
Empty Nester	10	41	41

Q.7 And do you agree or disagree with each of the following statements?

Base: All adults - 1,005/4,278,000

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*Small base



SUMMARY OF KEY FINDINGS



Key themes in 2025 data

- Growing openness to counselling and psychotherapy. 1 in 3 Irish adults have seen a counsellor/psychotherapist themselves and two out of three know someone who has.
- Women emerge as much greater proponents of therapy for children and adolescents whereas men can be much more uncertain about it. Widespread support for provision and funding of therapy at all levels, particularly in schools.
- Anxiety, depression and stress/panic difficulties are the top 3 areas that Irish adults have sought counselling /psychotherapy support for. Relationship difficulties and issues related to family are the joint 4th top area people seek support for with 1 in 4 mentioning these issues.
- The vast majority (8 out of 10) of those who have attended counselling / psychotherapy would recommend it to a friend / family member
- While in-person counselling dominates, there is openness to and greater experience of online therapy, most notably so younger and middle class.
- Routes to find counsellors mainly focussed on the GP (key female source) whereas men much more likely to search online or consult an EAP (more tentative, possibly a more distant GP relationship.)
- Affordability a key barrier as is embarrassment and lack of knowledge about how to locate a counsellor/psychotherapist.
- Being part of a national body is important and roughly a fifth are aware of the IACP, a slight decline from higher levels five/six years ago.

Key themes in 2025 data

- Three out of four experience stress, anxiety, depression, loneliness or isolation on at least an occasional basis. Most of these conditions have eased down slightly in terms of more frequent experience since the early 2020s/pandemic period.
- Frequency and severity of conditions tends to correlate with incidences, being higher for both stress and anxiety.
- Youth is a time of major need but equally pointers towards difficulties in transitional lifestages (particularly those when we are parenting small children or in the school-going years.)
- Many still anxious about disclosure that one may be having mental health difficulties and this increases with age. Older adults seem to have greater inhibitions although younger adults worry about their employer finding out
- Many worry about work, money, cost-of-living and relationships as well as health and children. International conflicts also referenced this year by about one in five.
- 43% have been affected by suicide with greater acknowledgement of this female and in middle age.
- However, greater trepidation about approaching someone we feel may be at risk of suicide. We believe it is important to address those at risk, but we are fearful about how to go about this and concerned at what might happen.

THANK YOU

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