**Counselling changes lives**

85% agree that it is a good idea to seek counselling or psychotherapy for a problem before it gets out of hand.

73% agree people might be happier if they talked to a counsellor or psychotherapist about their problems.

65% agree that it is better for people to talk to someone about a problem rather than to take medication.

85% agree that it is important that counselling or psychotherapy should be accessible to everyone who wants it.