**Mental health attitudes and practices**

Compared to ﬁve years ago…

90% think the topic of mental health has a higher public proﬁle.

83% think it is more socially acceptable to discuss mental health.

69% are more aware of mental health issues themselves.

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

85% also think it is important that counselling or psychotherapy is accessible to everyone who wants it.