Counselling changes lives

Infographic statistics:

68% of people say the pandemic has made them more conscious of their own mental health

66% of people say mental health should be a priority in the recovery from the pandemic

68% of people say the UK government should invest more in mental health because of the pandemic

64% of people think counselling and psychotherapy has become more important to society since the beginning of the pandemic

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 5136 adults. Fieldwork was undertaken between 9th - 23rd February 2022. The survey was carried out online. The figures have been weighted and are representative of all GB adults (aged 16+).