Counselling changes lives

Infographic statistics:

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

74% agree people might be happier if they talked to a counsellor or a psychotherapist about their problems

65% It is better for people to talk to someone about their problems rather than to take medication

88% of people agree it’s important counselling or psychotherapy should be accessible to everyone who wants it

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+).