Counselling changes lives

Infographic statistics:

33% of people have sought help from a counsellor or psychotherapist

Of those 13% had their first session in the last year

Of those who’ve had counselling or psychotherapy for the first time in the past 12 months, 52% said it was as a result of the pandemic, at least to some extent

85% of people who’ve spoken to a counsellor or psychotherapist agree the experience was handled professionally

75% of people who've had counselling or psychotherapy would be likely recommend it to someone with emotional difficulties or a mental health problem

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+).