**Counselling changes lives**

92% of people who’ve had counselling or psychotherapy agree it’s a good idea to seek counselling or psychotherapy for a problem before it gets out of hand.  
  
82% of people who’ve had counselling or psychotherapy agree people might be happier if they talked to a counsellor or psychotherapist about their problems.  
  
75% of people who’ve had counselling or psychotherapy would be likely to recommend it to someone who had emotional difficulties or a mental health problem.

94% of people who’ve had counselling or psychotherapy think it’s important it should be accessible to everyone who wants it.