

Counselling changes lives



80%
of parents
would encourage their children
to seek therapy if needed.

Would seek counselling
for a problem before
it gets out of hand



Would recommend
to a friend or
family member

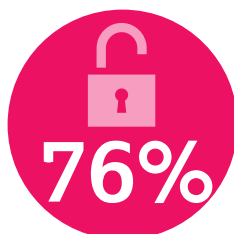


9-in-10
think counselling or psychotherapy should
be accessible to everyone who wants it

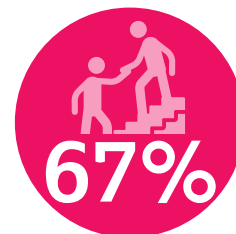
The experience was...



Handled professionally



Accessible



Helpful



84%

it is more socially acceptable
to discuss mental health
compared to five years ago