Have you ever consulted a counsellor or psychotherapist?

Total respondents: 28% 2014, 21% 2010

Gender split:
- Female: 32%
- Male: 23%

Age groups:
- 55–75 yrs old: 24%
- 45–54 yrs old: 32%
- 35–44 yrs: 38%
- 25–34 yrs old: 26%
- 16–24 yrs old: 18%

54% of people say that a family member, friend, work colleague or themselves have consulted a counsellor or psychotherapist.

Seeking help

Percentage of people who said they’d know where to seek help if they had, or experienced:
- Workplace stress: 45%
- Gambling addiction: 52%
- Anxiety: 61%
- Depression: 71%

People would seek help from a variety of different sources:
- GP: 64%
- Counsellor or psychotherapist: 41%
- Consult a family member: 44%
- Telephone helpline: 30%
- Contact an advice agency/charity: 27%
- Look online: 39%
- Self-help books or pamphlets: 47%

64% of people think that the world would be a better place if people talked about their feelings more.

Acceptance

In 2004, 60% of people agreed that “people today spend too much time dwelling on their emotional difficulties,” in 2014 this has dropped to 39%.

64% of people think that counselling should be available to all school children in schools.

Workplace & coaching

48% of people say they feel stressed more regularly these days than they did five years ago.

32% of people say their job causes them more stress than anything else in their life. In London, this figure is higher, with 37% saying their job causes them the most stress.

48% of people say that the offer of coaching by an employer is more likely than counselling.

37% of people say they’d prefer to speak online as it would make them feel more anonymous.

About BACP

BACP is a professional body and a registered charity that sets standards for therapeutic practice and provides information for therapists, clients of therapy, and the public. We have over 40,000 members, working within a range of settings, including the NHS, schools and universities, workplaces and private practice, as well as third sector environments including voluntary, community and pastoral settings.

BACP Media

We are committed to providing prompt responses to media enquiries, drawing on our extensive member network of experts and spokespeople.

For all media enquiries, call our media team on 01455 883342, or email media@bacp.co.uk.