

Therapy - Internal

Fieldwork Dates: 18th - 19th July 2019

Sample: 2,011 Adults

Total	Gender		Age					Social Grade	
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

For the following question, by "therapy", we mean talking therapy or counselling, that can help with mental health issues (e.g. stress, anxiety, depression etc.). Therapy can be provided by either the NHS or a private medical service and can be offered in different ways such as face-to-face, in a group, over the phone, through an online course etc. Have you EVER had therapy?

Unweighted base	2015	942	1073	166	285	381	325	858	1201	814
Base: All GB adults	2011	972	1038	214	287	374	325	810	1149	862
Yes, I have	36%	31%	41%	37%	40%	46%	40%	29%	34%	40%
No, I haven't	59%	64%	56%	58%	57%	49%	55%	68%	62%	56%
Don't know/ can't recall	1%	1%	1%	1%	1%	1%	2%	1%	1%	1%
Prefer not to say	3%	4%	3%	5%	3%	4%	3%	2%	3%	3%