

**THE IRISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY URGE FATHERS TO MIND THEIR MENTAL HEALTH THIS FATHERS' DAY**

*Mental Health Watch Dog Ask Ireland's Fathers to Mind Their Mental Health This Sunday*

The Irish Association for Counselling and Psychotherapy (IACP) urges our nation's fathers to be mindful of their mental health, by following some simple tips. Increases in workloads and longer hours often means that many fathers are spending less time focusing on their mental health or with their families. A recent study carried out by Behaviour and Attitudes (BNA) commissioned by the IACP demonstrates that work is the main cause of stress in the lives of 28% of Men. [Need a more alarming stat?]

Fathers' Day is a great opportunity for fathers to unwind and spend some quality time with family. It should also be used as a day to reflect on the importance of mental health in the family.

IACP Chair Ray Henry says, "Fathers' Day is an important day for fathers and their families, this Sunday, I'd like to ask that all fathers and men to take awareness of the importance of their mental health"

Mr. Henry offers the following advice to Fathers who are looking for mental health tips this Sunday:

- "Unplug from technology – those emails will wait until Monday morning – use the time to reconnect with your family";
- "Go to the beach or for a hike with your family, exercise is a natural stress release and can be a great means to bond with your loved ones";
- "If work is causing you stress, please talk to someone, such as a friend, family member, GP or a counsellor/psychotherapist. Talking about a problem has proven mental health benefits";
- "Use the weekend to catch up on some much-needed sleep, this can refresh you for the week ahead";

Key research results [We need updated stats for the below]:

- 38% of men would seek professional help for anxiety and depression;
- 83% of men believe people may be happier if they spoke to a counsellor or psychotherapist;
- 69% of men would support counselling in the workplace.

**ENDS**

**Notes to Editor:**

**Irish Association for Counselling and Psychotherapy**

Established in 1981, the IACP identifies, develops and maintains professional standards of excellence in counselling and psychotherapy. IACP aims to protect the public by promoting best practice and the professional development of its members. IACP is the largest professional body of counsellors and psychotherapists in the Republic of Ireland with over 4,200 members nationwide. IACP provides a telephone referral helpline, an information service; and an online counsellor / psychotherapist / supervisor directory. IACP is a registered Charity (CHY 6615).

**For further information, or to arrange an interview with an IACP Spokesperson, please contact Hugh O'Donoghue, 01 214 7933 or 0877206033.**

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