

## Press Release

### Money Worries Main Source of Stress for One in Three Irish Adults

#### - Money is a central cause of stress in Irish households particularly those with children-

**Monday, 9<sup>th</sup> December 2013:** Money is the main cause of stress for Irish households this Christmas, as shown by recent research commissioned by the Irish Association for Counselling and Psychotherapy (IACP). Stress will become more prevalent for families as the festive season draws nearer, with households preparing for Christmas celebrations whilst juggling work and family life. The research also showed that money as a stress affects those with children in particular. Notably, when it comes to seeking help, almost 30% of parents would feel embarrassed about going to see a counsellor or psychotherapist.

“Many people feel that, as a parent, they should be able to take care of themselves and their children and they sometimes feel that seeking help is an admission of failure. Even though they may have significant money worries, particularly around Christmas time, they try to deal with these issues themselves and are too embarrassed to seek help. This can have a negative effect on the overall health and happiness of both themselves and their families. The new research shows that many parents are not reaching out to a counsellor when they need help and this is an important issue we would like to address,” said Shane Kelly, Professional Services Manager, IACP.

He continued “This time of year can often be costly for parents and it can result in money related stress which can affect the whole family. If a parent is struggling to cope I’d urge them to contact the IACP to find a counsellor or psychotherapist in their area,”

As the harsh economic realities continue to affect most people climate cut-backs and considering redundancies from work are extremely prevalent, this means that many families find themselves struggling to provide for their children.

Some of the key findings of the new research include:

- 99% of people with children have experienced stress and are often stressed
- 47% of people account money worries as the key reason behind stress

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**About IACP:**

Established in 1981, the IACP identifies, develops and maintains professional standards of excellence in counselling and psychotherapy through education, training and accreditation. In promoting best practice and the professional development of its members, IACP holds at its core the protection of the public. Representing both the interests of clients and practitioners (over 3,500 nationwide), IACP provides a telephone referral helpline, an information service; and an online counsellor / psychotherapist / supervisor directory. IACP is a registered Charity (CHY 6615).

More information is available from the IACP's website [www.iacp.ie](http://www.iacp.ie).

**References:**

The IACP research survey was carried out by Behaviour and Attitudes Marketing Research Ltd.