## **Counselling changes lives**

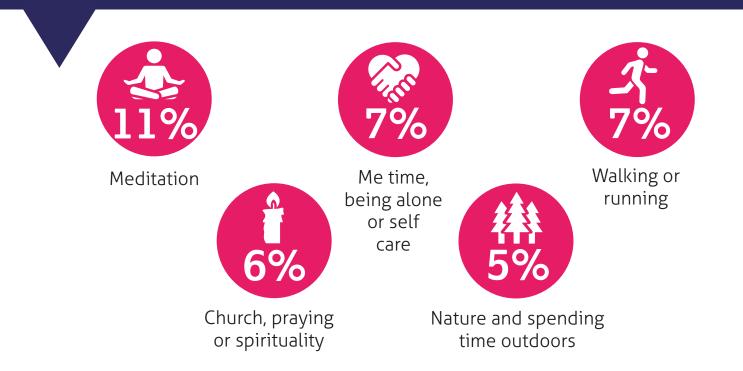
## How do you manage your personal stress levels?

counselling changes lives

bacp



How do Britons manage their personal stress levels?



All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 5,527 adults. Fieldwork was undertaken between 19th and 28th February 2020.

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