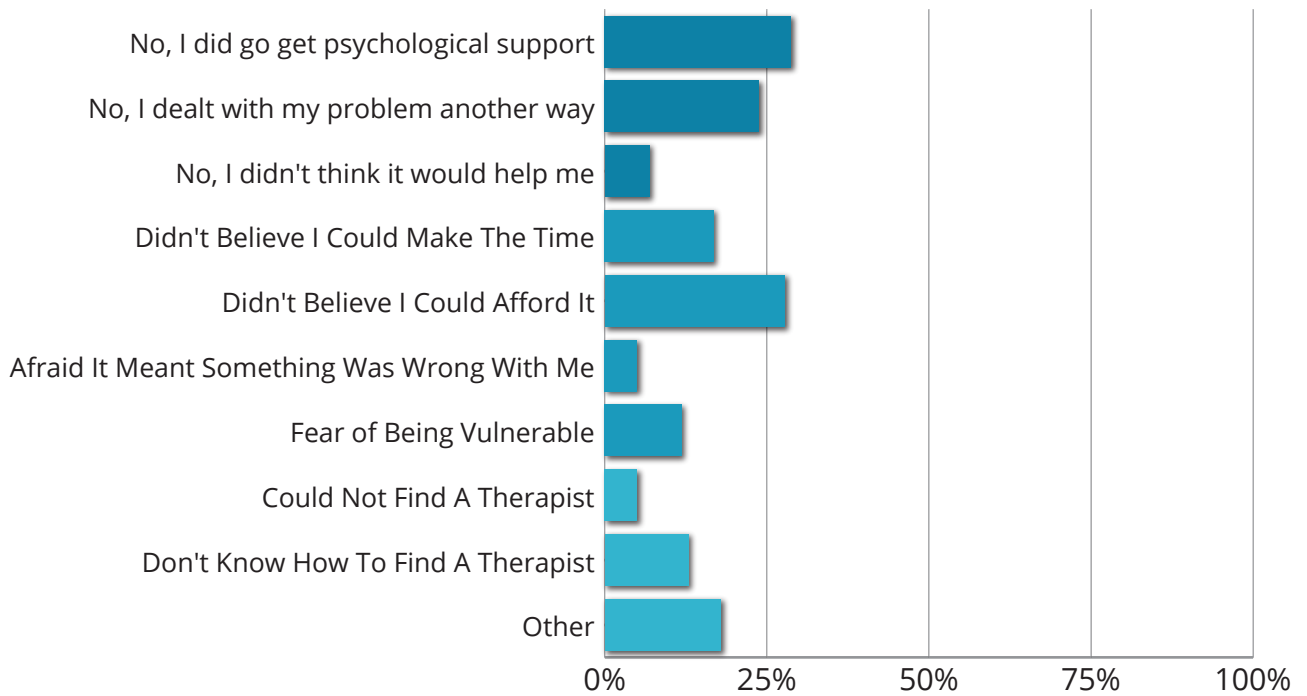


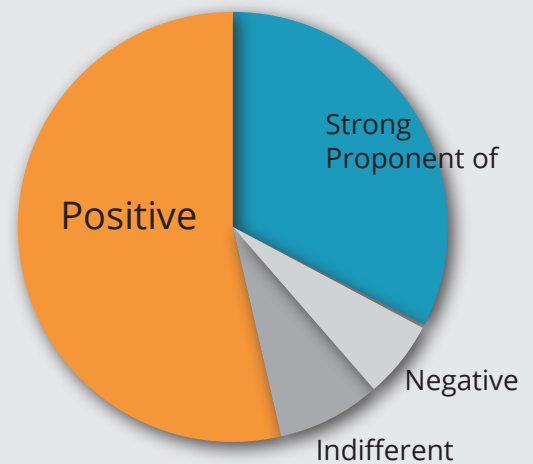
# How Bay Area Tech Workers Feel About Psychotherapy

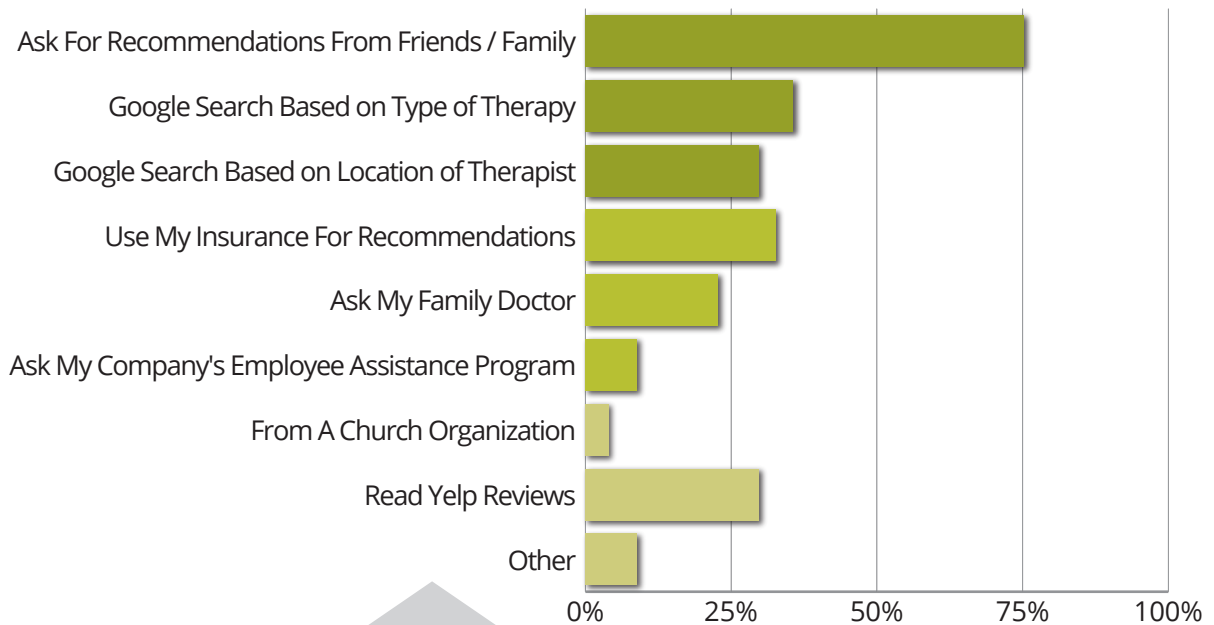
When asked if you have ever known you would benefit from some kind of psychological support or service but did NOT get help you said...



When asked on a scale of 1 to 5 what your general feeling about psychotherapy was the majority of you were positive.

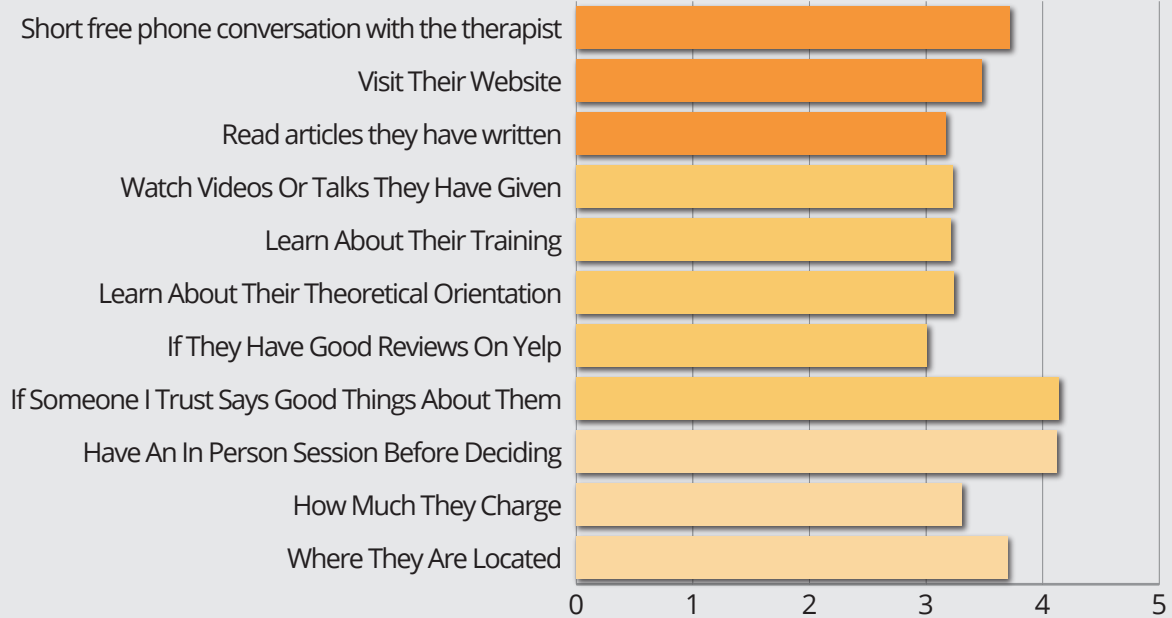
**4.13**  
Weighted Average





When asked how you would go about finding a psychotherapist, you said...

When asked what helps you decide to go with a particular therapist, you said...



# When asked what psychological topics you are most interested in, you said...

