



GROUPS 4 HEALTH



GROUPS 4 HEALTH (G4H) is an evidence-based intervention that targets social disconnection and loneliness. It aims to give people the knowledge and skills to build and maintain their sense of social connectedness in ways known to enhance health and well-being.

Built around five modules that involve a range of activities and workshops, the strength of the G4H program lies not only in its ground-breaking new understanding of how to tackle social isolation, but also in the fact that the program offers an in vivo experience of positive group connection – allowing participants to learn and experience at the same time.

G4H is suitable for anyone who is concerned about, or currently experiencing, distress due to social isolation and loneliness. It is a program that can be used for prevention, for those at risk of loneliness, or for those experiencing the health consequences of loneliness.

How G4H works

G4H is an adaptable psychological intervention that can be delivered over 5 x 1.5-hour sessions by a trained facilitator either face-to-face, online, or in a hybrid format.

Built around 5 modules, G4H empowers people to:

- (i) learn why groups matter for health,
- (ii) understand the workings of their current groups through the creation of a visual social identity map,
- (iii) strengthen existing positive group ties,

- (iv) develop new positive group ties, and
- (v) sustain these ties in ways that support and enhance health.

These components of the program give people a rich appreciation and understanding of the vital role that meaningful social connections have on their health. Through challenging and empowering people to harness and optimise positive social connections, G4H plays a critical role in preventing the substantial mental and physical costs of loneliness.

Appreciating Groups	Raising awareness of the value of groups for health and of ways to harness their resources.
Mapping Groups	Developing social maps to identify existing group connections and areas for social growth.
Strengthening Groups	Training skills to maintain and use existing networks and reconnect with valued groups.
Extending Groups	Using the G4H group as a platform to trial trained skills, develop new group connections, and harness these effectively.
Maintaining Groups	Reviewing progress, troubleshooting challenges, and reinforcing key program messages.

Why G4H will benefit you



G4H is evidence-based, and shown to be effective in reducing depression, anxiety, and loneliness, whilst also enhancing well-being.



G4H is cost-effective. It is a brief, group delivered program in which the group element is a vital agent of change.



G4H is an inclusive non-stigmatising program targeting loneliness for people with a range of clinical diagnoses.



G4H provides sustainable solutions that have been demonstrated to be evident both after program completion, as well as months into the future.

