

March 2019

TALK FOR HEALTH

nicky@talkforhealth.co.uk
Tel: 07899 816222

**TALK
FOR
HEALTH**

TALK FOR HEALTH

A psychosocial
solution

UNDERLYING
THOUGHTS

“A major social revolution is required. Individual psychotherapy is available to a small number only. No mass disorder has ever been eliminated by treating one person at a time.”

Albee (1999)

“I would see most of therapy as evolving into a social skill that everyone develops.”

(Bates, 2005)

The
underlying
evidence
base for T4H



Having skills and opportunities to share feelings with supportive others improves mental health and prevents mental illness

(Cooper, 2008, p. 75).



**Effective therapeutic talk
does not rely on professionals**

(Christensen and Jacobson, 1994).



**It is good for mental health to give
as well as receive support**

(Riessman, 1990).



Strong bonds amongst groups in the community are good for wellbeing as they combat inequality and loneliness (causes of mental illness). Concept of **collective resilience**

(RSA 2015)

Talk for Health results

Talk for Health
n = 439 - 67% clinically distressed (ORS)

All diagnoses included

92%
who start T4H complete it. Mean satisfaction score 4.7 out of 5

75%
Of those with clinical distress attain reliable improvement – effect size large ²
Cohen's d = 1.3 (ORS)

59%
from BMER communities.
40% non-white

Lasting impact achieved via **ongoing social connectedness**³

NHS talking therapies
(IAPT Dataset – NHS Digital June 2018)

Only for depression/anxiety

57%
who enter treatment complete it ¹

67.6%
attain reliable improvement
(GAD-7 & PHQ-9)¹

15.1%
From BMER communities.
No figures re non-white

Over 50%
in low intensity CBT relapse within 12 months⁴

Participants say

"So great is the stigma of mental instability that I **would not have dreamed of visiting a GP or receiving mental health treatment.** The Talk for Health flier made the service seem accessible. It was a Godsend.

"Having been in and out of short-medium-term therapy many times, Talk for Health has been a revelation. I **now feel confident I've found a way to maintain my mental wellbeing.**"

"**All its members are equals.** This is a much more natural setting for people to open up.

"It is very empowering that **participants are not treated as patients** but as people who have the potential to look after their own wellbeing and contribute to others."

"Talk for Health sessions **saved my life** at times when I was very low and suicidal."

"I attended a Talk for Health course when I was very depressed. **Talk for Health is now a vital part of my life. It is a mini society.** I feel so lucky to be part of this community."

Experts say

“Opportunities such as this require minimal funding compared with the tsunami of cost to the system if we continue to depend on the historical medical model. **Initiatives such as 'Talk for Health' are a vital way forward.**”

Jo Sauvage, Chair, Islington CCG

“T4H has the potential to make a great contribution to social well-being by bringing the skills and knowledge of the counselling and psychotherapy field into the wider community.

Mick Cooper, Professor of Counselling,
University of Roehampton

“Clinical Commissioning Groups (CCGs) should set aside funding for interventions [like T4H] – which improve wellbeing, build resilient communities, and create savings.”

Endorsed by leading academics in RSA report: 'Community Capital: The Value of Connected Communities (2015)'

