

# Collaborating to recognise and address the mental health impacts of loneliness

## Reading:

Lloyd-Evans, B., Bone, J. K., Pinfold, V., Lewis, G., Billings, J., Frerichs, J., ... & Johnson, S. (2017). The Community Navigator Study: a feasibility randomised controlled trial of an intervention to increase community connections and reduce loneliness for people with complex anxiety or depression. *Trials*, 18(1), 493. Available at: <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-017-2226-7>

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Lim, M.H., & Gleeson, J.F. (2014). Social connectedness across the psychosis spectrum: Current issues and future directions for interventions in loneliness. *Frontiers in Psychiatry*, 5, 154. Available at: <https://www.frontiersin.org/articles/10.3389/fpsy.2014.00154/full>

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Holt-Lunstad, J., Robles, T., Sbarra, D.A. (2017). Advancing Social Connection as a Public Health Priority in the United States. *Am Psychol*, 72(6): 517-530. Available at: <https://psycnet.apa.org/buy/2017-36583-002>

Holt-Lunstad, J. (2018). Why Social Relationships Are Important for Physical Health: A Systems Approach to Understanding and Modifying Risk and Protection. *Annual Review of Psychology*, 69:437-58. Available at: <https://doi.org/10.1146/annurev-psych-122216-011902>

Holt-Lunstad, J., Smith, T.B., Baker, M., Harris, T. and Stephenson, D. (2015) Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review. *Perspectives on Psychological Science* Vol. 10(2) 227-237. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/25910392>

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Charles, J., & Fazelim M. Depression in children.  
*The Royal Australian College of General Practitioners*. VOL.46, NO.12, December 2017.

Available at:

<https://www.racgp.org.au/download/Documents/AFP/2017/December/AFP-2017-12-Focus-Depression.pdf>

### Online articles:

Australian Loneliness Report: A survey exploring the loneliness levels of Australians and the impact on their health and wellbeing (2018). *Australian Psychological Society & Swinburne University: Psychweek*. Available at:

<https://psychweek.org.au/wp/wp-content/uploads/2018/11/Psychology-Week-2018-Australian-Loneliness-Report.pdf>

Grace Jennings-Edquist (2018) Are you feeling lonely? Here are steps you can take. *ABC Life*.

Available at: <https://www.abc.net.au/life/what-to-do-if-you-feel-lonely/10493724>

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<https://theconversation.com/the-deadly-truth-about-loneliness-43785>

Morgan Liotta (2019) Fostering connections to overcome loneliness. *NewsGP*. Available at:

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