

Young and lonely

www.join-us.nu | info@join-us.nu





Jolanda van Gerwe
Founder of Join Us

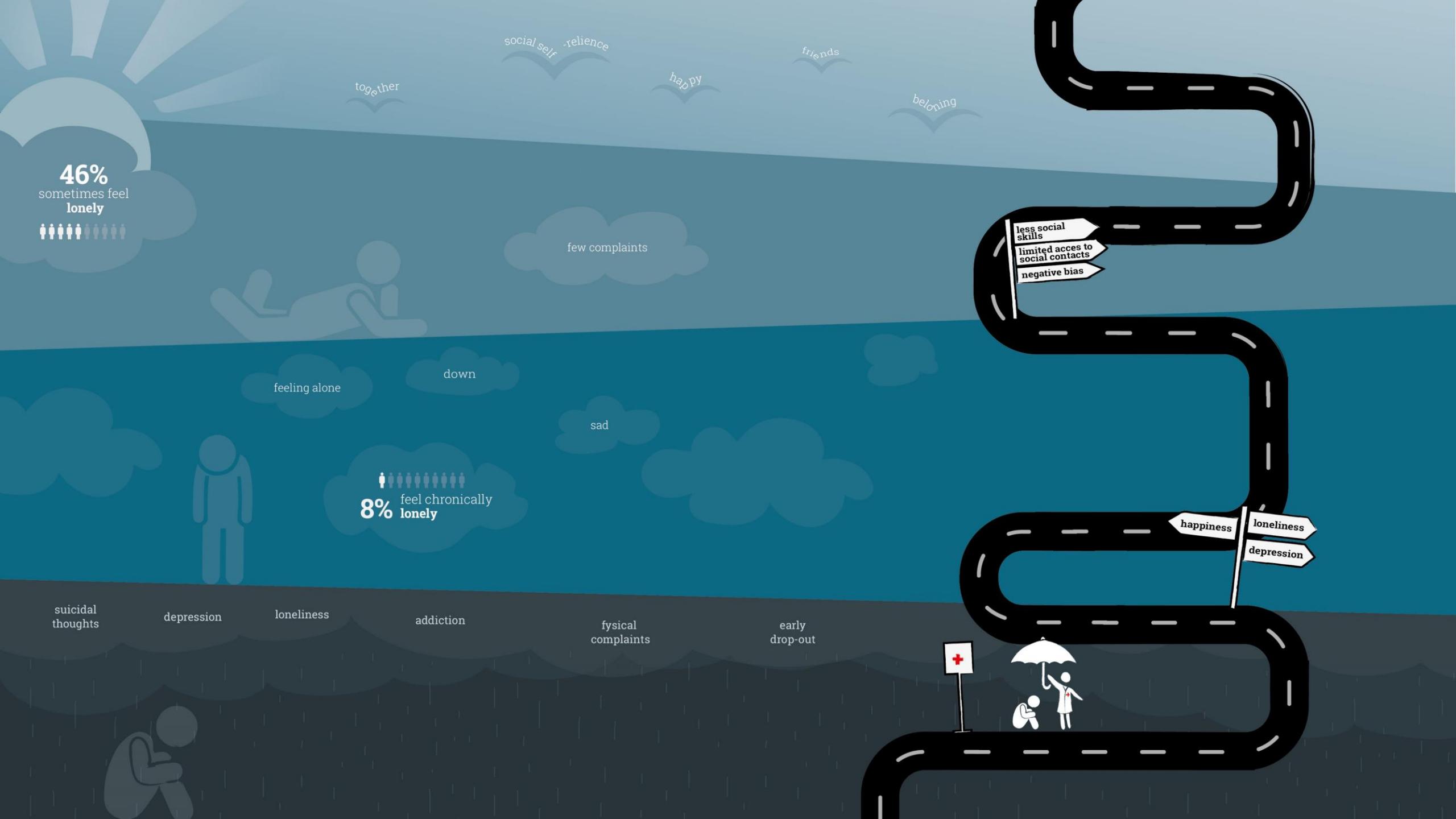


To raise the awareness





To reduce loneliness.



46%
sometimes feel
lonely



social self-reliance

together

happy

friends

belonging

few complaints

feeling alone

down

sad

8%
feel chronically
lonely



suicidal
thoughts

depression

loneliness

addiction

fysical
complaints

early
drop-out

less social
skills
limited acces to
social contacts
negative bias

happiness

loneliness

depression



Underlying factors to loneliness



**Limited access to
social contacts**

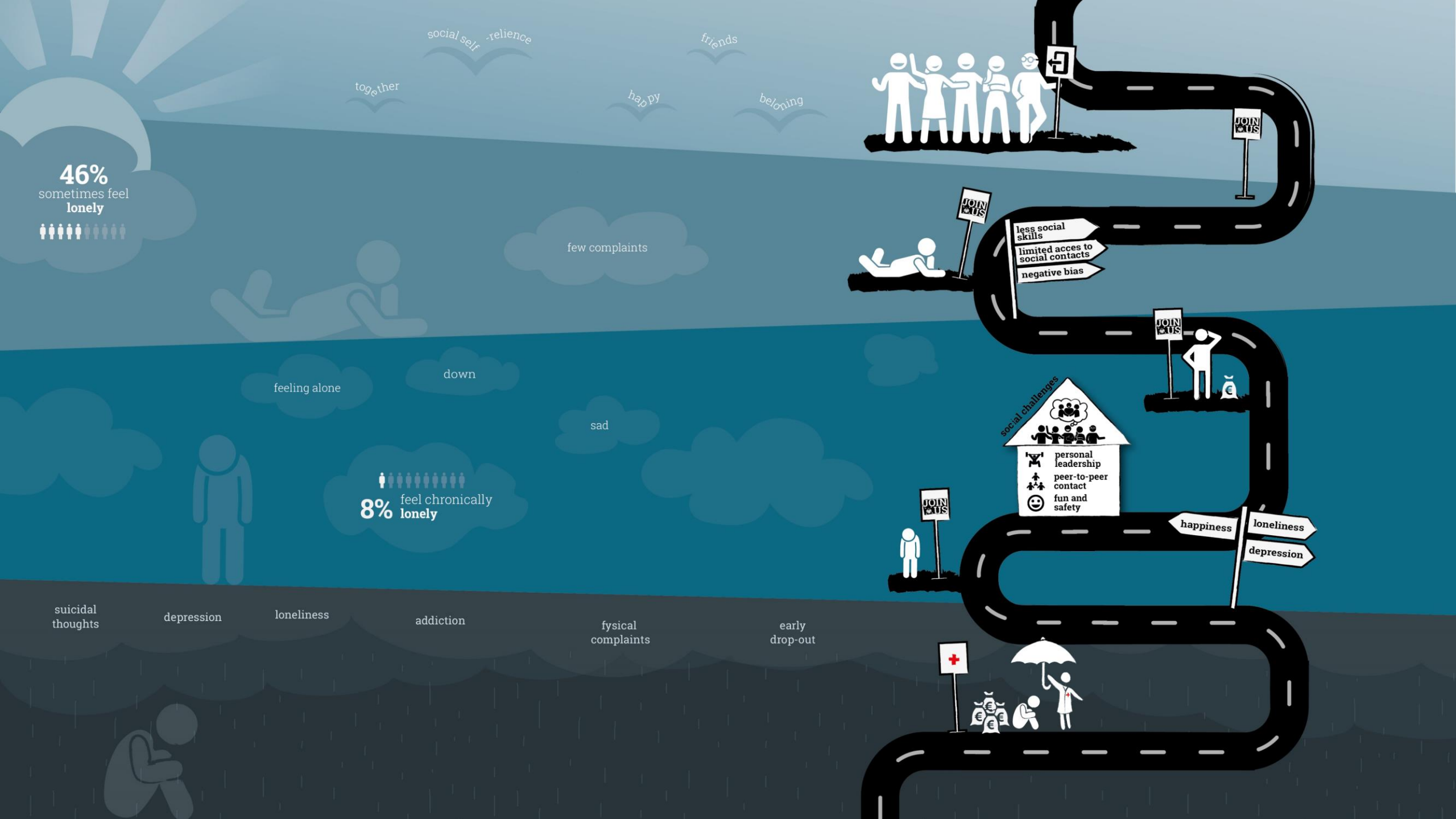


Low social skills



Negative thinking

Dr. G. Lodder (2017)



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less social
skills
limited access to
social contacts
negative bias

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social challenges

personal
leadership
peer-to-peer
contact
fun and
safety

JOIN
US

happiness

loneliness

depression

+

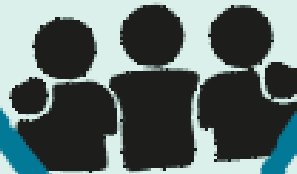
Join Us

- evidenced based program
- training and coaching
- support the recruitment
- securing quality



Social Work

- program execution
- two youth professionals



Municipality

- facilitate the program

Practical



**Groups of 12 to 18 years
and 18 to 25 years old**



2 meetings each month



**Maximum 15
participants**



**Continuous
inflow and outflow
(participation $\pm$ 1 year)**



**Two youth professionals
(HBO) each group**

What do young people learn?



**Build and maintain
a suitable network
of friends**



Increase social skills



Think positive



The road to Join Us



1. **Referral**
Social work, schools,
family doctor



2. **Personal initiative**
Via Google or social
media



3. **Media**
News Programs,
magazines





www.join-us.nu

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