

Self-Help Plus (SH+)1 Intervention

Self-Help Plus (SH+)1 Intervention is a brief guided self-help psychological intervention based on Acceptance and Commitment Therapy. It is developed by WHO (2020)

Intervention Components

- A pre-recorded psychoeducational audio course delivered by facilitators in a group setting
- An illustrated self-help book

Intervention Delivery

- Delivered over 5 weeks in 2-hour group sessions
- 20 to 30 people per group
- Sessions facilitated by briefly trained, non-specialists (no previous mental health training or work experience)

The SH+ course is delivered by supervised, non-specialist facilitators who complete a short training course and use pre-recorded audio and an illustrated guide to teach stress management skills. The large group format combined with pre-recorded materials make this innovative course potentially scalable. The format of SH+ also makes it well suited for integration with other interventions, for example alongside other mental health interventions, as a first step in a stepped care programme, or as a community intervention delivered alongside broader community programming.

Impact

Positive results in Uganda, Turkey and some European countries