

# SOCIAL PRESCRIBING

Lots of things in life can make you feel unwell or overwhelmed



One in five people who visit their GP or health care professionals have problems that can't be solved by medical treatment.

A Social Prescriber may be able to help

Social Prescribing can support you to deal with issues such as:

**UNEMPLOYMENT • MONEY • FAMILY • WELLBEING  
HEALTH • DEPRESSION • ADDICTION • BENEFITS  
ISOLATION • LONELINESS • ANXIETY • HOUSING  
WORRIES • SMOKING • DRUGS • ALCOHOL**

You can talk to our friendly team in confidence and we will work with you to create a plan to overcome the difficulties you are facing



If you think a **Social Prescribing Link Worker** can help you;  
**Talk to your GP, ask at reception or fill in a self-referral form**

HELPING YOU TO FEEL BETTER

 01905 27525

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Putting People at the Heart of  
Social Prescribing

# SOCIAL PRESCRIBING

## Your Social Prescriber can support you in lots of ways



By listening to you and understanding your situation we can connect you to the right support and to your community.

### Depending on what YOU need the Social Prescriber can:

- Help you make contact with specialist organisations and services to get the right support and advice
- Support you to make connections in your local community with groups and activities
- Provide support to meet new people and build friendships
- Provide support and encouragement to build your confidence
- Help you to meet other people who have had similar experiences for mutual support
- Support you to take up new interests or become a volunteer

The Social Prescriber can help you to take control of your health and wellbeing and feel better about life



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