

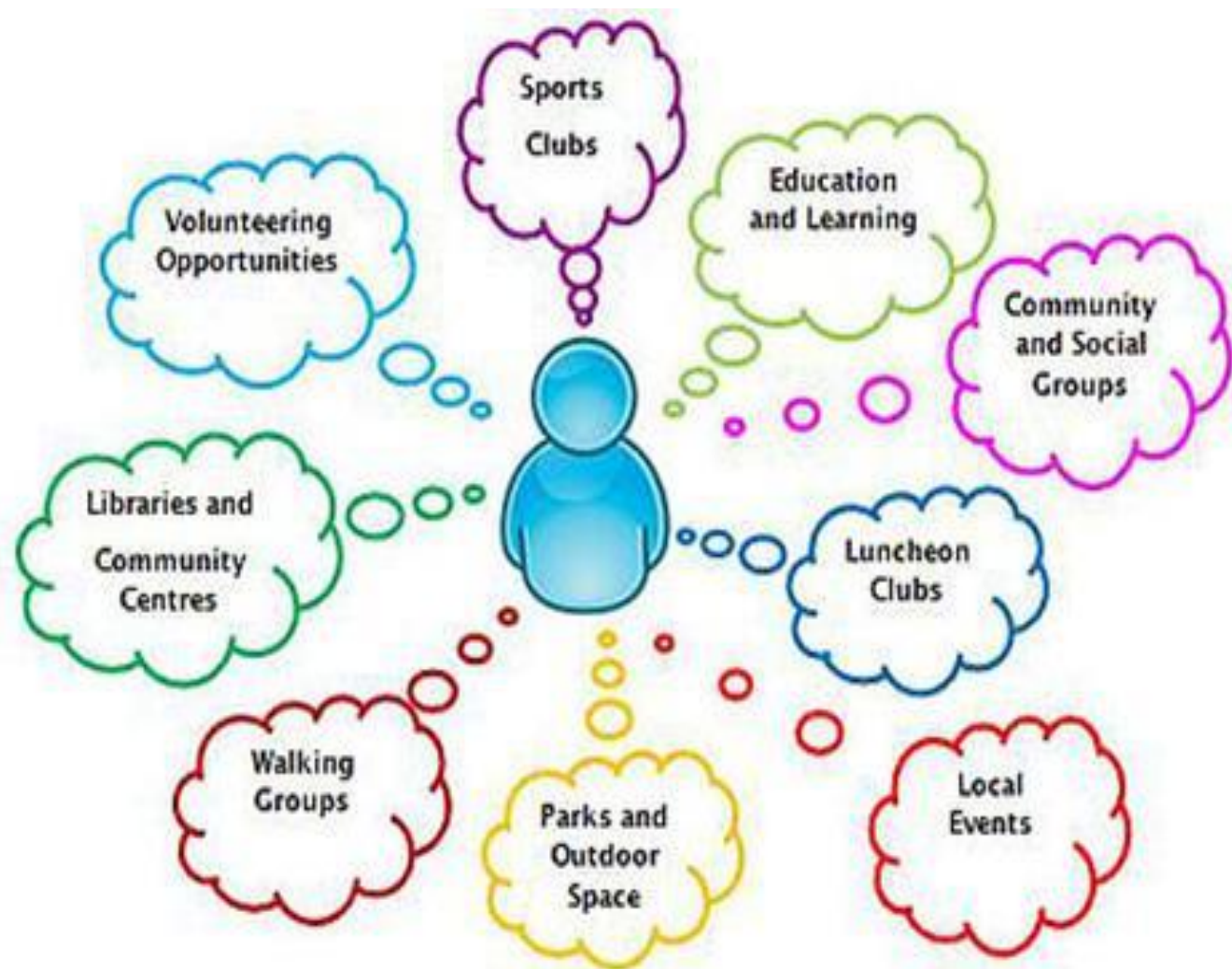
# Social Prescriber

Social Prescribers are located in your GP practice. They aim to support patient's improve their overall quality of life, giving them time to tell their stories. They offer a holistic approach, focusing on all non-medical needs meaning that all areas of your life are explored.

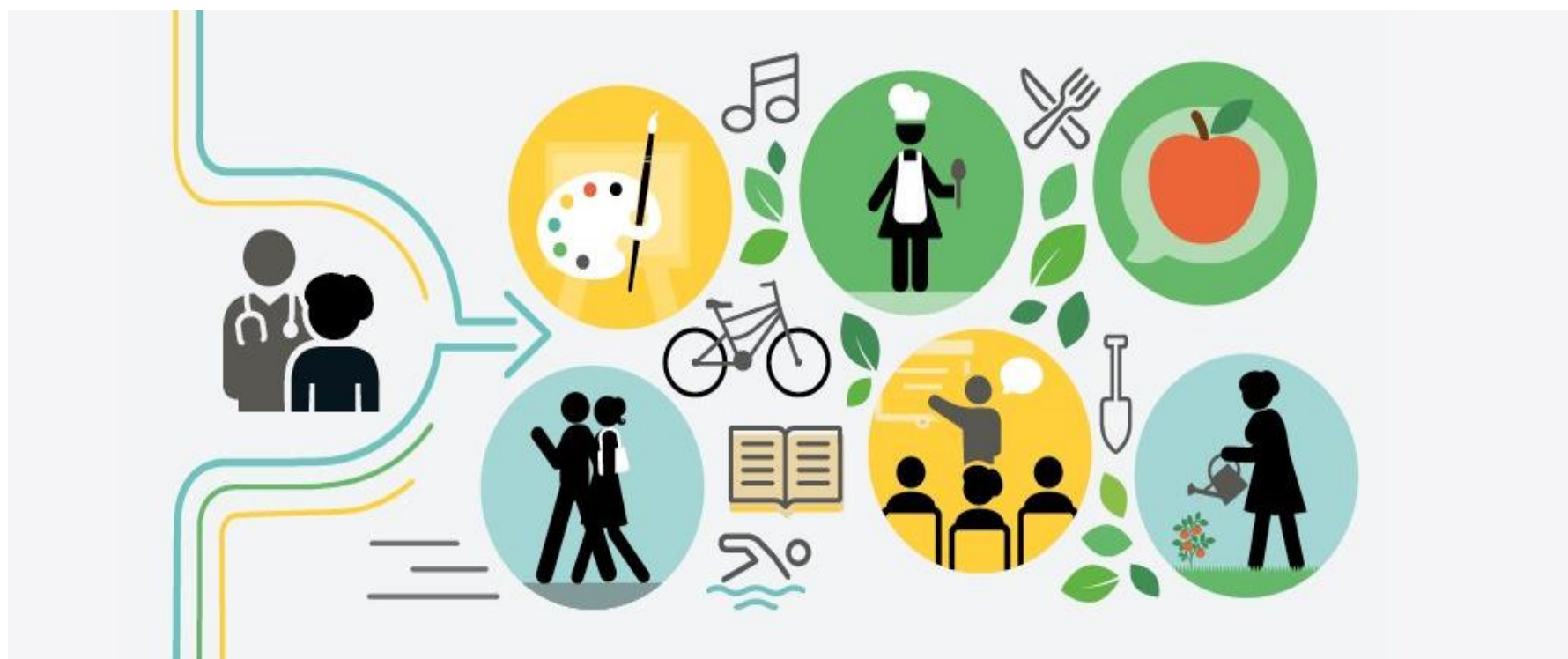
Once a plan is agreed you can be linked to support available in your local community.

## Support options include:

- Stress management
- Healthy lifestyle
- Physical activities
- Socialising
- Benefits
- Housing
- Finance and Debt
- Employment
- Training and volunteering
- Mentoring
- Befriending group activities
- Well-being service
- Counselling
- Advice services
- and many more.



**This service is FREE and is available to everyone who is 18 and over.**



***Connecting you to your community to improve your mental health and physical wellbeing. In turn will improve your overall quality of life.***

### **How to get a referral?**

To **self-refer** please call you GP surgery and ask for an appointment with your social prescriber, giving a brief description of support needed.

Professionals can refer via their patients GP practice, providing a medical summary and support required. Please address as **Social Prescribing referral**.