



**Not only your
Doctor can help
you feel better
Now you have
Social Prescribing
Service that can
help you as well!**

*Contact your GP for a referral to
Social Prescriber Link Worker*

Some of life issues that make you feel unwell:

- Living alone
- Work and unemployment
- Money worries
- Housing issues
- Families and children
- Weight problems
- Addictions
- Smoking
- Alcohol
- Health and fitness etc.

How we support you?

*Please note that during Covid 19, we
arrange a phone call or a video call,
instead of Face to Face appointment.
And then...*

Social Prescriber Link Worker gives you time to:

- Discuss issues you are facing
 - Explore and focus on what is important to you.
- AND THEN**
- Find local services that can help you
 - Give you support to access and connect with them.