

SOCIAL PRESCRIBING

HELPING YOU TO FEEL BETTER

One in five people who seek help from a health care professional are troubled by things that can't be cured by medical treatment. Social Prescribing helps you to take greater control of your own care and feel empowered to take charge of your health and wellbeing.

unemployment
smoking
work
drugs
isolated
depression
alcohol
housing
worries
unemployed
fitness
arguements
money
issues
health
family
loneliness



Life's problems can make you feel unwell and overwhelmed

We can connect you to services and activities in your local community that will help your overall health and wellbeing. Everyone should be able to live a positive and fulfilled life, but sometimes you might need a little bit of help to achieve this.

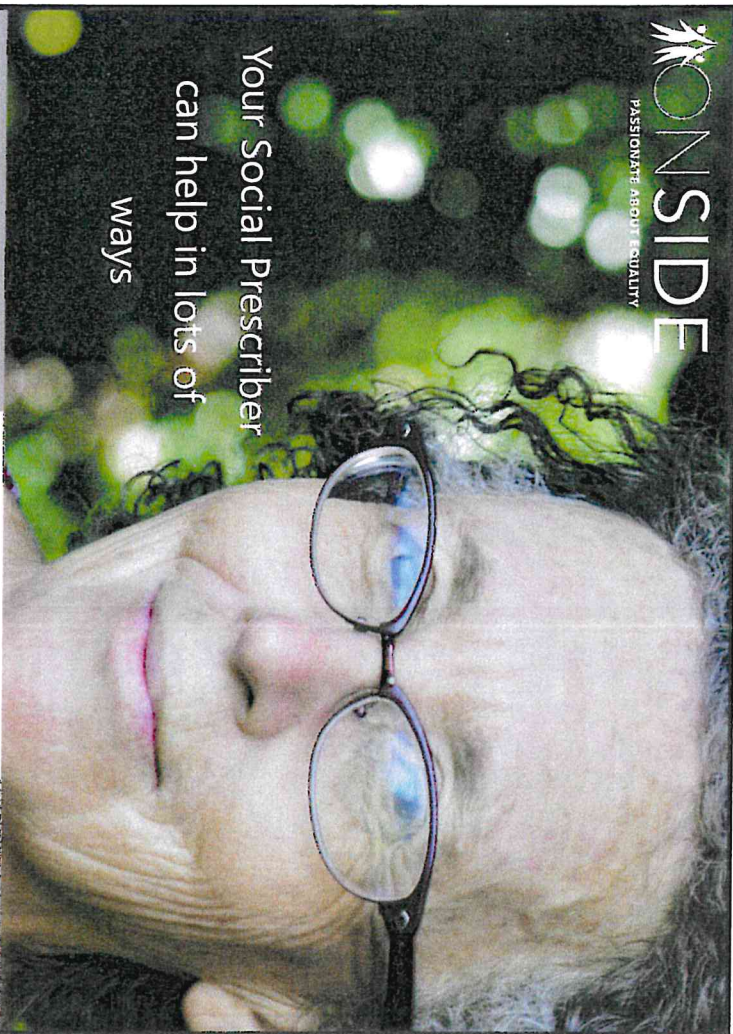
Linking to people, services, resources and activities in your local community can help you to improve your mental and emotional wellbeing and lower levels of depression and anxiety.

We can also help you to resolve some of the practical problems you may be facing such as debt, housing, benefits etc that can sometimes feel overwhelming



Together we can make a plan that really works for you. Talk to us and we will work with you to get you the help and support you need to deal with the issues that are impacting on your health

Your Social Prescriber can help in lots of ways



Your Social Prescribing Link

Worker is friendly and understanding, you can talk to them in confidence. They won't judge and will give you the time and the space you need to work out how to tackle some of the problems that are making you feel unwell. They will give you practical help to make a personal plan, your "social prescription."

Give you information about services. To help with debt, finance, health clinics, weight management, bereavement, counselling, training, employment and more

Connect you to community activities and groups. Like walking, carers support, crafts, fishing, arts, running, the gym, volunteering and more

Go with you to new places or appointments. A volunteer can introduce you and boost your confidence

Find new friends and connect with people in your local community. Bringing you together with people who share your interests and activities

If you think a Social Prescribing Link Worker can help you; talk to your GP, ask at reception or contact **Onside**

MHS

For more information:



01905 27525



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