



Social Prescribers

What is Social Prescribing?

Social Prescribing supports you to access services and activities in your local community that can help improve your mental and emotional wellbeing. It can be an addition or alternative to medication and psychological therapies. There are times when we all need support to address life's challenges. Meeting people and knowing how to access support available can make a big difference.

Specialist services they can help you access includes:

- Housing
- Benefits
- Finance and debt
- Health and wellbeing
- Legal advice
- Relationships and parenting

Community activities they can help you access includes:

- Arts and culture
- Health and leisure
- Education and training
- Volunteering and employment
- Faith and spirituality
- Befriending and social networks

To access this service you must be: Over 16 years of age and be registered with GP

How you can self-refer

- Call: 01273 405800
- Self-refer online at: www.southdown.org and search Community Wellbeing service
- Or paper form can be collected from reception, or email to you.