

# SOCIAL PRESCRIBING

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

**UNEMPLOYMENT** • **MONEY** • **BENEFITS**  
**WELLBEING** • **FAMILY LIFE** • **HOUSING**  
**RELATIONSHIPS** • **LONELINESS**

**Social Prescribing can link you to free & low cost services such as:**

- Housing, benefits & financial support/advice
- Education & learning
- Arts, music & creative activities
- Healthy lifestyle advice, physical activity & outdoor activities
- Befriending, counselling & emotional support groups
- Employment, training & volunteering

**We offer support to adults aged 18+. You can talk to our friendly team in confidence.**

**How we support you**

**We can help you over the phone or face-to-face. Together we can:**

1. Discuss the issues you're facing
2. Explore what is important for you
3. Find local activities & services
4. Give you support to access them

“Social prescribing has pointed me in the right direction, rather than me floundering around not knowing what to do & what is available. I have all the information I need when I am ready to use it.”

“Honestly I can't thank you enough for your time, patience & advice. I have never felt pressured but feel I have made great progress.”

If you think a Social Prescribing Link Worker can help, please call or email:  
**0300 303 5291**  
**[rbccg.spbromsgrove@nhs.net](mailto:rbccg.spbromsgrove@nhs.net)**

