



SOCIAL PRESCRIBING



Want to live a healthier lifestyle?

Support with understanding anxiety?

Would like to access groups in the local area?

Support with difficulties at school/college?

Would like someone to talk to and feel heard?

Want to find new hobbies and activities?



Aged 11-17? Chat to your GP about Social Prescribing today

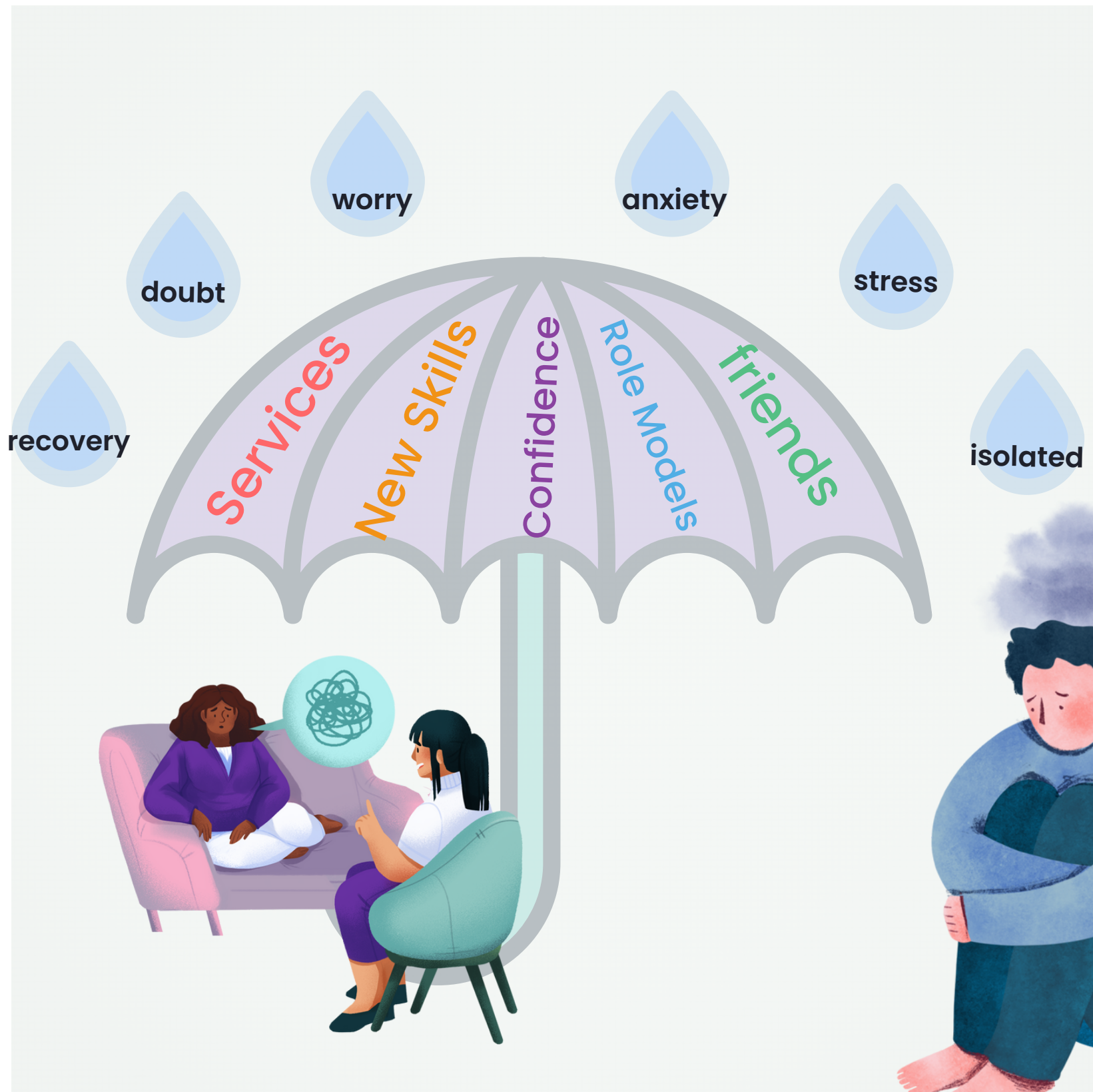
SOCIAL PRESCRIBING

- Aged between 11 and 17?
- Feeling worried or anxious?
- Feel left out / not confident?
- Struggling with the pressure of school/friends/social activities?
- Want to connect with like minded people?



Chat to your GP about how a social prescribing link worker could help you

SOCIAL PRESCRIBING



A Social Prescribing Link Worker is there to listen and help you unravel your thoughts and introduce you to new services and support.

Chat to your GP today about how Social Prescribing can help you.

Service available for ages 11+

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Chat to your GP about how Social Prescribing can help you.

helping **YOU** help **YOURSELF**



SOCIAL PRESCRIBING

The CYP Team



Kelly



Penny

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