

# SOCIAL PRESCRIBING



Our team helps you connect with local services and activities to improve your well-being based on what matters most to you. We work with you in a safe, non-judgemental environment to understand your needs, boost your motivation and build your knowledge of the local support that is available.

## Who Can Access?

Anyone over the age of 18 as long as they are not already accessing mental health support or are in crisis.

## How To Access

You can be referred by the reception team or a health care professional (GP, HCA, Pharmacist, Nurse etc)



**Ailsworth MC    Botolph Bridge MC**  
**Nightingale MC    The Grange MC**  
**Westwood Clinic    The Willowtree Surgery**

