

Social Prescribing for the Young - Aged between 5 – 18 years.

Social Prescribing means one to one support for young people. It can help with a range of issues such as:

- Stress and Anxiety
- Self-Confidence and Self-Esteem
- Exercise
- Sleep
- Education
- Behavioural Issues
- Social Support
- Special Needs
- Long-Term Health Conditions/Disabilities
- Bereavement
- Family Changes – such as divorce or relationship breakdown

You will have support from a worker who will see what help and support you could get locally.

How to access this service – you can either contact us directly, ask a teacher or parent/carer to contact us.

We can arrange for an appointment either at home, school or your GP Practice. The appointments can be during the day or in an evening and will last for up to an hour.

For direct contact please email David.Pugh5@NHS.NET

For other mental health problems or Advice Lines please go to the website: <http://wacalliance.co.uk/gr8-minds/>