

## What sort of support

We provide support at whatever level you require.

We can meet with you and work on an action plan to help you to improve your mental health and well being.

We can give you details of what is available, and go with you to find out more.



### Benefits

- Increase in self confidence.
- Increase in self esteem
- Learn new skills
- Meet new people



### Contact Details

For more information on Social Prescribing or to talk to someone informally, please contact:

Jan Smith

Tel: 0151 282 5650 ext 117

Or email: [jansmith@seftoncab.org.uk](mailto:jansmith@seftoncab.org.uk)

## Social Prescribing

 Health and Well Being Project

**Citizens Advice Sefton**  
**NHS Sefton**

Tel: 282 5650 ext 117

## What is Social Prescribing?

Social Prescribing is a way of guiding and supporting people to join in ordinary everyday activities.

It works closely with a wide variety of local groups within the Community.

## Who is it for?

Anyone who:

Wants to improve the quality of their life and their well being.

Is worried about or has difficulties with their mental health.

### **Do you sometimes feel like this?**

I spend a lot of time at home and find socialising difficult.

Sometimes I feel low and don't know what to do.

I would like to make some new friends.

I am anxious and worry a lot.

I would like some support and guidance about what is available.

I want to get out of the house.

I want someone to talk to.

## What can be prescribed?

Exercise

Volunteering

College Courses

Local Clubs and Groups

Going to the Library

Arts Classes

Women's Groups

Dancing

Swimming

Gardening

And much, much

more.....