



# GUILDFORD EAST COMMUNITY LINKS



LINKING HEALTH, COMMUNITY AND OPPORTUNITY

## HOW OUR SOCIAL PRESCRIBING TEAM CAN SUPPORT YOU ...



Talk to us - we listen to your needs and goals

We will co-design a plan together

We will support you to connect with local activities, groups and services which suit you



Take small steps towards feeling happier, healthier and more locally connected

We will check in with you too to see how things are going



Social or practical issues affecting health and wellbeing

Mild/moderate anxiety and low mood

Experiencing loneliness and/or social isolation

Support with a lifestyle change and community connection

Those requiring guidance finding and linking in to statutory and voluntary services



## WHAT WE CAN SUPPORT WITH\* ...



## HOW TO START YOUR JOURNEY...



If you are over 18 and feeling you need a bit of extra support with any social or non-medical need, please ask any member of your practice team for a referral.



\*We are unable to accept referrals for people in crisis or needing urgent medical care, unsupported severe, complex or untreated mental illness, acute medical needs or treatment, those at risk or in safeguarding situations and those needed specialist services (eg: addiction services, therapy services).