

## What people say about Social Prescribing

"I was surprised to learn there's so much in my area"

"The extra help I have received has made the future seem much brighter"

"I've been introduced to some great new activities and people. Now if I'm not feeling great, it's nice to know what I can do to help myself"

**NO  
LIMITS**

Helping Young People  
Help Themselves

Registered Charity No. 1088835

## Social Prescribing

### Equal Opportunities

All children and young people have an equal right to use our project and an equal right to respect.

### Confidentiality

We believe you have a right to privacy so we offer a confidential service.

Everything you tell us can remain confidential. This means we won't talk about any details you tell us to anyone outside of No Limits unless there is a serious risk of harm to you or another person.

### How are we doing?

We want to hear what you think about our service to help us offer the best service possible. Please let us know what we are doing well and how we could improve. You can do this by talking to a worker, visiting our website, writing in our comments book or completing a form.

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## Social Prescribing

Information for young people

Are you aged 13-25 and feeling lonely, isolated or are struggling with your physical or emotional health?

The Social Prescribing service can connect you to community services and groups that can help.

**NO  
LIMITS**  
Helping Young People  
Help Themselves



[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

Tel: 023 8022 4224

## What we can help with

Social Prescribing is a service for young people ages 13-25 that helps them to live well by building effective support networks to connect young people with activities and peers in their local communities.

It is non-medical support focused on improving wellbeing for the long term by looking at ways to support young people outside of or alongside counselling or therapy. Many of life's problems can make you feel unwell:

- Isolation and loneliness
- Anxiety, stress and low-mood
- Housing, money and benefit issues
- Work and unemployment
- Cultural barriers
- Lifestyle factors such as diet and exercise

## How we can help you

Our Social Prescription worker can meet with you and take the time to listen and understand your needs. We can then identify and connect you with community organisations and/or professional advice to help you feel better:

- Healthy lifestyle advice and physical activity
- Social groups and peer support
- Housing, welfare benefits, financial budgeting, and advice
- Employment, training and volunteering

This is more than just a signposting service and our support doesn't stop here. We will check in with you monthly to see how you are feeling and make sure you are still receiving the support you need. You are also able to make contact between the monthly check ins if there is something you want to discuss with your worker.

Referring into and accessing the support you need can sometimes feel confusing and time consuming. If you need additional support with this a Social Prescription worker can make arrangements on your behalf, filling in forms and following up.



If you are ages 13-25 and living in Southampton:

You can access the service directly by emailing or calling us and the Social Prescription worker will contact you for an assessment. You may also be referred through your GP, mental health worker, school other support services or through our drop-in service.

Once referred, a Social Prescription Worker will meet with you to assess your practical, social and emotional needs. From there, the worker will work with you to agree a wellbeing plan focusing on your priorities and suggest activities and support to help you to be more in control of your health and get your wellbeing back on track.

To find out more and to make a referral:

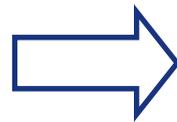
**Phone:**

02380 224224

**Email:**

[teamsocialprescribing@nolimitshelp.org.uk](mailto:teamsocialprescribing@nolimitshelp.org.uk)

**Social Prescribing  
can help you....**



- **Access the right support & information**
- **Build Confidence**
- **Learn new skills**
- **Meet new people**
- **Improve physical health**
- **Improve mental health**
- **Feel more in control of your wellbeing**