

Are life's problems getting you down?

Social prescribing can help you
to get the support you need,
when you need it, even during
the coronavirus pandemic.

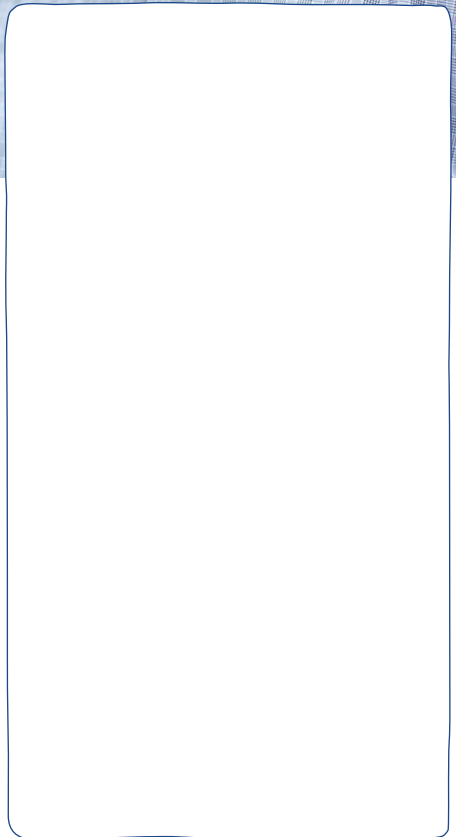




What is social prescribing?

Everyone needs a bit of help from time to time, even more so in the current situation. Social prescribing is a way of helping you deal with the things in your life that can make you feel unhappy or anxious.

Addressing these things takes a little extra time and support. We can help you to access a wide range of activities and support in your local community that can help you turn things around.



How social prescribing works

Feeling low, stressed out or struggling to manage things in your life? You need a bit of extra help.



Call us and ask about the social prescribing service.



Our trained link worker will talk to you about how you are feeling and what you think might help to improve your wellbeing.



Your link worker recommends and helps you to access a range of support and advice services to suit your needs.



Your link worker will stay in touch until you have the support you need.



You may have follow up contacts with your link worker to see how you are doing and whether you think the services are right for you.



Despite the coronavirus pandemic, services and support are still available. This could include:

- Online activities such as online counselling
- housing, benefits and financial support and advice
- practical help with shopping and prescriptions
- peer support from others who have similar experiences

Who's doing this, and why?

We know that social prescribing has really helped people in other areas. Welsh Government has funded Mind Cymru and your local Mind to work with people in your area to find out how social prescribing can improve mental health.

Understanding how social prescribing can help you is really important so your link worker will ask you some questions about how you are feeling and your experiences before and after you have used the service.

This information will help your link worker to know whether you have had the right kind of help. It will also help the people who plan your health services to know if it is a good service that can help more people in the future.

For more information about the project, just email us or give us a call.

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