



## How can Social Prescribing help?

- Social Groups
- Housing issues
- Financial issues
- Low level Mental Health
- Isolation
- Befriending Services
- Help with benefits

Social Prescribing gives people time, focusing on 'what matters to me' and takes a holistic approach to people's health and well-being. Social Prescribing connects people to community groups and statutory services for practical and emotional support.

For more information email us on [ddccg.socialprescribers@nhs.net](mailto:ddccg.socialprescribers@nhs.net) or speak with your GP for a referral through to the Social Prescribing service.



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