

# REFERRALS

Children and young people's social prescribing is available for those in school year 7 and above up to age 18, across the whole of Shropshire.

## You can refer yourself to

Social prescribing by  
calling **0345 678 9028**

**Monday to Friday,  
9am – 5pm**

and selecting the self-referral to social prescribing option.

## Or you can email

**healthylives@shropshire.gov.uk**

with the subject

"social prescribing self-referral"

**Alternatively you can ask for a  
referral from your school**



## WHAT CAN YOU EXPECT

- GET ACTIVE
- GET OUTDOORS
- GET INSPIRED
- GET CHILLED
- GET CONNECTED
- GET EXPRESSIVE



## WHAT WE

### DO

Social prescribing is a non-medical approach to improving your health and wellbeing, focussing on what matters to you.

Social prescribing is not designed to replace medical support, but getting involved with local groups and activities can help you feel better faster than medicine alone.

Your Healthy Lives advisor may introduce you to a community group, a new activity or a local club. They could help you meet new people, find information or access advice about an issue.

## WHAT PEOPLE SAY



"I felt listened to and heard.  
I felt valued and respected.  
I never felt pressured."

"You have helped me believe in myself more, which is helping my confidence. I really like talking to you, you listen to me."

"I have been able to interact with others better, just from the simple act of smiling at people."

## WHO IS

### IT FOR ?

- Young people who feel isolated and want support to meet other people
- Young people who feel low or a little anxious and may feel better joining a social group
- Young people who have a health condition which can be supported through community activities
- Young people who need support with support and advice on practical issues such as housing or money
- Young people who need support with their wellbeing and education