

# Social Prescribing

YOUR WELLBEING MATTERS TO US



**Many of life's problems can make you feel unwell.**

We offer confidential support and advice on matters impacting on your health and wellbeing, such as:

- Dealing with the stress of a new medical diagnosis
- Bereavement
- Isolation
- Debt
- Anxiety
- Depression

### The next step

Ask your GP reception team to refer you, or refer directly to the team by emailing [spt@rainbowcentrepnley.org.uk](mailto:spt@rainbowcentrepnley.org.uk)

stating full name, surgery registered with, and main reason for support



**How it works:** During the current lockdown, our sessions are completed via the phone or video call. We aim to contact you within 7 days

