

SOCIAL PRESCRIBING

Do you feel lonely?

Do you get stressed or anxious?

Do you struggle to manage your emotions?

Are you struggling with your housing or finances?

Do you struggle to access healthcare?

We can help if you:

- want to get involved with your local community
- want to get more active
- want to improve the management of a new or long term condition
- feel lonely or isolated
- are caring for someone
- need support with your mental health or emotional wellbeing
- need support with housing, work or financial issues

If you are a patient at Court Street, Stirchley or Woodside please speak to your GP reception team about a referral or email talk2@telford-mind.co.uk