

Social Prescribing

What can we help with?



What is social prescribing?

We understand that taking care of your wellbeing at university can be difficult, and that there are many different things that contribute to good wellbeing.

Our Social Prescribers can support you to maintain or improve your wellbeing in a number of ways.

Your Social Prescriber will spend time with you and explore what matters to you. Together, you will identify activities and support which could improve your health and wellbeing.

If you like the sound of one or more of the activities you identify, we will assist and support you to plan your next steps.



What can we help with?

Our Social Prescribers can help you with a range of issues:

- **Social isolation and loneliness**
- **Health and wellbeing**
- **Creating a sense of purpose**
- **Being more active**
- **Getting out and about**
- **Finding hobbies & interests**



How do we do this?

Once we identify what you might be struggling with, we'll help you find ways to improve this. For example, if you're feeling lonely, we can assist with finding a society or activity that interests you. If you're looking to find a sense of purpose, then we can get you involved with some volunteering that makes you feel good about yourself.

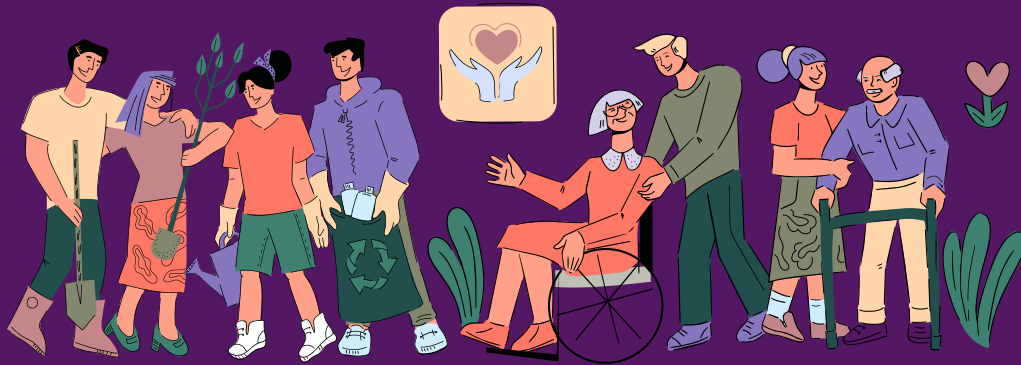
We can also help you access support services across the university such as DASS, your school support office and connect you to a number of free activities that aim to promote wellbeing.



What are the benefits?

There are lots of benefits to Social Prescribing, and the individual benefits will depend on what you want help with. Here's some examples:

- **Improve your mental and physical health**
- **Meet new people**
- **Learn a new skill or participate in a new activity**
- **Increase self confidence and self esteem**
- **Better quality of life**
- **Get involved in your community**



How can I access Social Prescribing?

It's simple, all you need to do is call the Counselling and Mental Health Service on 0161 275 2864. You will speak to one of our Triage Support Practitioners who can book you in.

Alternatively, if you are already seeing one of our Counsellors, they can refer you to the Social Prescribers.