

If you are worried about a family member, friend or neighbour you can ask their practice to refer them.

Any of the health care team in your practice can put you in touch with your local link worker, who will be glad to help.

It works.

It's happening elsewhere.

It's happening here in your practice.

The Social Prescribing Link Worker Team is provided by Hartlepool & Stockton Health Ltd, working with your practice.

For more information please contact the office on

01642 061047 or

info.hash@nhs.net



We know that taking care of yourself involves more than just medicine and that's why we offer a Social Prescribing Link Worker service to our patients.

A Social Prescribing Link Worker can support you in getting specialist support for more than your medical issues. Its really easy, all you need is the time to have a conversation.

The Social Prescribing Link Worker will take the time to listen to you and work with you to recognise other things that may be affecting your health.



- Are you feeling isolated or lonely?
- Are you stressed about work, home or money issues?
- Are you struggling with managing different long term conditions?
- Are you struggling with life changing events, retirement, a bereavement?

The Social Prescribing Link Worker aims to support you to take greater control of your own health and find ways to improve how you feel in a way that suits you.

Studies show that people who have worked with a Social Prescribing Link Worker get better and feel better faster than those treated with medicine alone.



Benefits of using a Social Prescribing Link Worker

- Improve Mental Health
- Improve Physical Health
- Meet new people
- Learn a new skill
- Be part of a new activity
- Increase self confidence
- Increase self esteem
- Improve quality of life
- Involvement in your community