

What matters to you?

SOCIAL PRESCRIBING

For Health and Well being

What is Social Prescribing?

Linking people into community activities and services to improve their mental health and well being.

Who is it for?

Social prescribing is for anyone over 18 who may feel anxious, isolated, lonely or depressed.

What are the benefits?

- Develop a new skill
- Participate in a new activity
- Meet new people
- Improve your physical and mental health.

What do I need to do?

You can be referred to this service by your GP or Healthcare Professional or community service.
You can also contact the service yourself!



GET IN TOUCH:

CALL/TEXT MARY ANNE @ 085 2711689

OR EMAIL maryannesp@clonmelcrc.ie

TO CHAT ABOUT THIS FREE SERVICE