

Frequently asked questions



How do I access the service?

You can refer yourself or your family & friends can refer you. G.P's, community groups etc can also refer you.

How long will I work with my Social Prescriber?

There are no set time limits. It is a short term service but length of support will be discussed and agreed according to each individual's needs.

Is there a charge for the service?

It is 100% free

Is the Social Prescribing team a counselling service?

No, but they can give you details on professional services to help you.


Are the Social Prescribing team trained medically?

No, they are there to connect you with your community.



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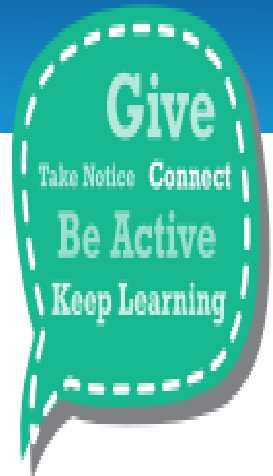
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Social Prescribing

What is Social Prescribing?

As a team of 9 Social Prescribers, we connect people to non-clinical sources of support in the community across Perth and Kinross.

Social prescribing can involve a range of activities to improve your health and wellbeing, examples can include peer support groups, housing support, welfare advice, art therapy, befriending and physical activity.

Our aim is to improve your health and wellbeing by empowering you to make informed choices, build confidence, learn new skills, meet and make new friends, and connect you with your community.



Is Social Prescribing for me?

- Are you over 16 years old?
- Do you feel socially isolated?
- Are you new to the area?
- Are you struggling to meet new people?
- Are you worried about socialising again after Covid-19?
- Do you feel depressed or anxious?
- Are you disabled and not sure what is accessible for you?
- Would you like to meet new people or try something different?
- Do you feel like you don't know where to turn?

You could be eligible for support from a Social Prescriber.

What to expect:

- Your Social Prescriber will arrange to meet you at home or at a location that suits you
- 1 to 1 support tailored to you needs
- Together we will create a personalised plan of action which will connect you to local opportunities and resources



How do I find out more?

- You can self refer by contacting the Social Prescriber in your area
- You can ask for a referral from any service working with you such as, G.P. Social Work, Mental Health Team or Housing.

What happens next?

- Once we have received your referral your Social Prescriber will arrange an initial meeting, to see what you need at a venue suitable to you.
- Free and confidential—you can stop or start working with a Social Prescriber at any time if your needs change.

If you would like any further information, please contact the Social Prescriber for your area.

