



# Youth Connections

## Social prescribing for children and young people

If you are struggling with Wellbeing, we could support you by creating an action plan and connecting you with services in your community.

Social Prescribing can support a child or young person struggling with or wants support with one of these areas:

- Stress and mild anxiety
- Loneliness/social isolation/sadness
- Peer difficulties
- Low confidence/low self-esteem,
- Physical health and weight,
- Developing resilience, worry management,
- COVID-19 recovery,
- Community engagement, family relationships.

You could get support from this project if you:

- Are or have a child/young person aged between 10 - 16 years old.
- Are a child or young person who is currently struggling with their wellbeing or social development.
- Are not in crisis (accessing CAMHS or Social Care).
- Potentially has falling School attendance
- Are living in the Woodspring area or has a GP in this area

Referrals are made through GPs, contact Laura Brain to find out more:

[socialprescribingcyp@n-somerset.gov.uk](mailto:socialprescribingcyp@n-somerset.gov.uk)

