

# Help to be healthy and feel well



People's health can be affected by lots of different things.

For example, people might not feel well if they -

- have money problems
- are not sleeping
- are working too much
- are going through a difficult time

This means that the right help is not always medicines and treatments.

People can get different help that is not medicines and treatment. This is called **social prescribing**.

# Examples of how social prescribing can help you be healthy and feel well



These are examples.

People can choose what they need support with to stay healthy, feel well and keep safe.



People can change their mind.



**Link workers** help to link people to things that can help them stay healthy, feel well and keep safe.



Link workers start by finding out about the person they are supporting. They ask questions about how people feel and what they would like help with.



Link workers help the person understand what might help them be healthy and happy.



Link workers help the person to make a plan and help the person to do the things on their plan.



## Find out more:

Watch this video to find out more about social prescribing and link workers

[tinyurl.com/  
SocialPrescribingVid](https://tinyurl.com/SocialPrescribingVid)



Social prescribing is part of **universal personalised care**.

This is work that the NHS is doing to make sure you have choice and control over your care and support.



You can find out more in this easy read document:

[tinyurl.com/  
UPCeasyreaddoc](https://tinyurl.com/UPCeasyreaddoc)