

## How will a Social Prescriber support me?

Social prescribing is another way of supporting your wellness by using a non-medical approach. Social Prescribing can put you in touch with resources and activities in your community and link you in to statutory services if this is needed. This is a free service that starts with an appointment about your social needs.

## Where will I have my appointments?

They will take place via phone call, face-to-face at your Community Mental Health Team's office, or at a local community venue.

## Who can refer me to a Social Prescriber?

Anyone who works in the Community Mental Health Team can decide whether Social Prescribing may be the right service for you. If so, they will send us a referral and we will contact you with an appointment within 1 week.



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# Social Prescribing Westminster

Mental Health Pathway  
Patient Information



Services provided by

One Westminster in partnership with Central London Healthcare and Central and North West London NHS Foundation Trust

## Frequently asked questions

### What is a Social Prescriber?

Social Prescribers support people who have an unmet need that, if left unaddressed, could create additional vulnerabilities or spiral into further issues. Social Prescribing is a preventative service that deals with social, emotional and practical needs.

The Social Prescriber provides a confidential, safe space to discuss what matters most to you. The aim is to support you first to identify achievable goals and then link you to appropriate services, activities or support groups. Social Prescribers aim to work alongside you to better understand the difficulties you may be facing and find ways of coping.

### What can a Social Prescriber help me with?

To benefit from Social Prescribing, you first must be ready and enthusiastic about making changes in your life.

You will find working with a social prescriber can help you to have more control over your own health and find ways to improve how you feel, in a way that suits you. It can be especially helpful for people with long term health conditions, whether mental or physical.

The support we offer is wide ranging. For example, if you enjoy gardening, we could introduce you to a local gardening group and we will attend your first session with you if you feel unable to go alone. If you have difficulties with debt or finances, we can find a free, local service to help and even make the first contact with you.

### What can't my Social Prescriber help me with?

Social Prescribers cannot help with medical issues, medication or if you are experiencing a mental health crisis.

Social Prescribers can work with you if you have substance misuse issues, but only if you are engaging in separate treatment for this and can remain sober for appointments.

### What happens if I miss an appointment?

It is important that you attend all appointments and, where possible, inform your Social Prescriber if you cannot attend.

If more than 3 appointments or texts/calls from your Social Prescriber are missed, you may have to be discharged, but you will be notified of this and can be re-referred to Social Prescribing when you're feeling more ready.

### Can the Social Prescriber see my medical notes?

Social Prescribers do have access to your medical history but only use it for necessary information, for example, your address/phone number. We record brief details of our appointments, which other clinicians in the mental health team can see.



### Are my appointments confidential?

We only share brief details of the appointment on your medical notes, but if we are concerned that you will harm yourself or someone else, or if you are in imminent danger, we will have to inform a member of the team or a statutory service such as the Police or Adult Social Care to ensure that you are safe.

### Are Social Prescribers clinically trained?

Social Prescribers are not clinically trained and therefore do not have the appropriate skills to conduct clinical investigations and advise on medication or psychotherapy.

### How long will my Social Prescriber work with me?

Social prescribers can offer fortnightly support for up to 3 months.

### What happens when I finish Social Prescription?

When your work with the Social Prescriber is finished, you will be sent a discharge letter with a summary of the work you have done together and details of how you can be re-referred in future.

### More questions?

Ask a member of staff in your mental health team.

**Our Social Prescribing Service links Westminster patients with the voluntary & community sector**