

## Social Prescribing Link Worker For Children and Young People

Can someone help support me with my Mental Health and Wellbeing?

Can someone help me to understand and build healthy relationships?

Can someone listen and talk through my thoughts and options?

Can someone help me managing money?



Can someone help me find activities to maintain a healthy lifestyle?

Can someone help me to manage my long-term health condition?

Can someone help connect me to others and join more groups, so I feel less alone?

**If you can relate to the points above, and are a child or young person aged 8-24 in the North Cotswolds, our Social Prescribing Link Worker can offer free support. For more information drop us an email or call the number below.**

**Call: 07738 106384 | Email: [cws.grcc@nhs.net](mailto:cws.grcc@nhs.net)**

Charity Number: 1054282

 **GRCC**

@GlosRCC

