

Rushcliffe Social Prescribing Service




MENTAL HEALTH

With Rushcliffe Social Prescribing Service, PartnersHealth



Length of intervention

Approximately 6 months



With a recent marriage breakdown, patient X moved in with his mother temporarily. He was struggling with his emotions and abandonment issues from his biological father. Requiring mental health support.

Weight management issues, asthma, social isolation and job/finance issues.

Actions

- Completing a reflective course with NHS talking therapy service
- After coaching advice, Patient X started to go out daily for walks increasing his distance and time out of the home.
- Has been attending a football group once a week, for young adults with mental health support
- Due to commence a 12-week Fit Magpies course.

Impact

Patient X states he has found support, structure, purpose, friends and people that understand him. The courses are an outlet to support health and wellbeing, whilst he is going through the course with the Job Centre.

He acknowledged personal growth and looks forward to future endeavours, confirming he felt confident to continue independently

Thank you for everything you have done for me

Social Prescriber Resources

