

# Social Prescribing

- **Primary Care Multidisciplinary Team**
- Social Prescribing

Social prescribing is designed to support people with a wide range of social, emotional or practical needs, and many schemes are focused on improving mental health and physical wellbeing. Linking Leeds enables health referral to a range of local, non-clinical services.

## Book an appointment with Linking Leeds if

- Age 16+
- Want or need support with issues that impact your social isolation.
- Need support with finances, housing issues, grants, unemployment, transport, food provision, liaising with social services – care package requests
- Are having trouble navigating the complex health and care system
- Wish to be more independent and want to be more active in your community
- Want/need to improve your overall health and wellbeing

[About - Linking Leeds](#)