

World Mental Health Day - talk to your Social Prescribing Link Worker

Anxiety, Desperation, Low mood, Stress, Sleeplessness ...

Our mental health affects us all in so many different ways and the pandemic has only added more stress to our daily lives. I know that making positive change can seem so hard, especially during uncertain times, and sometimes it can be hard to know where to start.

Experts agree that the mental health repercussions of Covid-19 will be felt for years to come. Financial stress, the struggle to care for children while schools are closed, and loss and grief are only some of the widespread impacts of this pandemic. More than ever, we need to stay connected and know where to find support for ourselves and our loved ones.

I am your Social Prescribing Link Worker based at your GP surgery and I am here to help you with practical, emotional and social issues.

To connect with me please call your surgery and ask for me, Matilda, your Social Prescribing Link Worker.

CWP Mental health helpline - 0800 145 6485

MIND - 0300 466 6463

Talking Together Wirral - 0151 649 1859

