

## Social Prescribing Service

for Young People

Social Prescribing (also known as community referral) can put you in touch with a range of local services that will support your health.

If you are:

Aged  
10-24



Registered with  
a GP in Watford/  
Three Rivers/  
Dacorum/  
Hertsmere/  
St Albans...



Youth Link is a FREE service that can support you!

To connect you to services in your local community that can support with:

- Healthy lifestyle
- Local activities
- Managing emotions/stress
- Caring for relatives
- Support groups
- Alcohol & drugs
- Employment
- Volunteering
- Family issues

**And more...**



**Text/call/Whatsapp or email Stephen:**

stephen.ware@watfordfc.com  
07510 927 143

*raise*



**COMMUNITY SPORTS  
& EDUCATION  
TRUST**  
REGISTERED CHARITY NO: 1102239