



Social Prescribing

for HEE Yorkshire & Humber trainees

NHS
Health Education England

NHS
Humber Teaching
NHS Foundation Trust

Supporting international HEE Y&H trainees to ensure you get the right help, support and guidance to improve your overall health and wellbeing.

Our social prescribing service has been introduced to support trainees with a wide range of issues, concerns and challenges allowing you to focus whole-heartedly upon your training programme and academic goals.

- Adjustment and settlement into the UK or a new region (practically and emotionally)
- Health and wellbeing
- Housing
- Schooling & childcare
- Financial concerns
- Anxiety and stress (professional and/or personal)
- Feeling out of your comfort zone
- Lack of training progression

Easy self-referral

Email: hnf-tr.heesocialprescribing@nhs.net Tel: 0800 9177752

Confidential one to one appointments are available with a social prescriber and can be arranged via MS Teams for your convenience. This support is open to all HEE Y&H trainees (and their direct family members).

