



# Social Prescribing

## for NHSE and NHS Trust trainees

*Supporting international NHSE and NHS Trust trainees to ensure you get the right help, support and guidance to improve your overall health and wellbeing.*

**We can help you to find the right accommodation for you and your family in the UK.**

Whether you are arriving in the UK from overseas or relocating, we understand that as well as being a new and exciting chapter it can also be a daunting and frustrating time.

We can guide you in the right direction and help to ease this anxiety.



*"...and the most amazing part of the story is that I genuinely feel not alone in this whole new life. I always know there is someone who is happy, ready, capable and willing to help whenever I need. All I need is just to ask."*

'IMG Testimonial'



Easy self-referral

**Email: [hnf-tr.heesocialprescribing@nhs.net](mailto: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.