

# 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.

Are you feeling overwhelmed?  
Finding it hard to adjust to your new life?  
Would it be helpful to have someone to talk to?

You don't have to do this alone, there is support available to help ease the pressure and to make you feel more like 'you' again.

Support is available for anxiety, low mood, relationship or family issues, lack of training progression, loneliness, isolation and much more.



*"I was going through some circumstances and I was sign posted to this service by my supervisor, I felt listened to, sign posted to available resources I never knew existed to help deal with my circumstances and ended my sessions as a happy man. This is a well targeted social service for trainees, especially the IMGs"*

'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.