



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.

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.