



HALE

Health Action Local Engagement
Healthy Living Project

HALE's Social Prescribing Service — Case Study

*Daisy, aged 53 and lives alone was referred to HALE's Social Prescribing Service by her GP. Reason for the referral was because she was suffering from social stressors, suffering from anxiety and feeling suicidal. She was struggling with going out of the house alone. Daisy was also struggling with paying her rent and other bills and desperately wanted help to learn how to cope and manage her personal circumstances better.

HALE's Social Prescriber visited Daisy and listened to her. Daisy was helped in managing her social stressors and her anxieties by allowing her to express her worries and concerns without feeling judged. HALE's Social Prescriber worked together with Daisy on identifying issues that caused stress/anxiety and then discussed approaches that would enable Daisy to manage such situations/feelings in a more constructive manner.

As a result of this, Daisy was able to work through the different areas in her life which needed attention and prioritising aspects which needed resolving urgently. With the support provided by her Social Prescriber, she was able to develop the confidence to start taking control of her life and also take charge of clearing the debts that had accumulated by putting in place the necessary arrangements.

Daisy is now a lot more confident in dealing with stressful situations and is enjoying going out with friends again.

"Since working with HALE's Social Prescriber, I have been able to sort my rent and electric out. At the beginning I was feeling suicidal and kept a knife bedside my bed to end it all. However, with the support and help I have received from HALE's Social Prescriber, I feel a lot better emotionally and now I no longer keep the knife beside my bed. I'm very grateful for the support I have received and hope I can keep going. Without the help of HALE's Social Prescriber, I am not sure I would have been able to make such progress."

**Name have been changed the protect identity*