***Youth Link Social Prescribing Service for Young People***

**Referral Criteria:**

Aged 10–24.

Registered with a GP in Watford/Three Rivers/Hertsmere/Dacorum/St Albans.

Gives consent/permission to accessing the service and other services in the community.

Has low to moderate physical and mental health needs or special educational needs and disabilities.

**Programme Aim**:

Youth Link supports young people with their mental, physical and emotional wellbeing.

Youth Link works with local community services who provide safe reliable care.

Youth Link looks at building support networks and trustworthy relationships.

Youth Link creates a dedicated action plan, which helps young people to manage situations and create supportive connections.

**Examples of support Youth Link can offer:** stopping smoking, difficulty in managing emotions, building friendships, weight management, staying active, struggling with carer responsibilities and more

**What Does Each Young Person Receive?**

• A meeting where a dedicated Link Action Plan is created, which is suited to the young person’s needs.

• Guidance and tailored mentoring, and access to relevant community provisions.

• Contact points at 2 weeks, 1 month, and 3, 4 and 6 months, with calls and check-ins.

**How to Refer:**

**Self Referral:** Go to [www.watfordfccsetrust.com/project/youthlink](http://www.watfordfccsetrust.com/project/youthlink) and download and fill out the editable PDF and send to Stephen.

**Practitioner Referral:** Search ‘Youth Link’ on DSX or contact Stephen.

For more information, contact: Stephen Ware 07510 927 143 / [Stephen.ware@watfordfc.com](mailto:Stephen.ware@watfordfc.com) / @nhs.net