

Social Prescribing Case Study



Background...

Our patient, a young female adult, has history of psychiatric conditions

Issues

- unemployed, worried about money, overwhelmed by benefits system
- Erratic mood, lack of self-care routine including not having regular meals



...depression, suicidal thoughts, anxiety and self-harm



Support

- Referred to First Response Team for assessment.
- Email communication preferred
- Also referred to The South Essex Community Hub who connected her to a CAB advisor
- Put in touch with Crisis Cafe for evening support and Papyrus suicide line
 - Health Training to help set small goals for daily routine and sent anxiety pack



Outcome

- Patient reluctant to respond to First Response, however we encouraged her via email
- UC application made with help of CAB
- Progress being made towards achieving small goals - steps to change talk
- SPLW service gives additional support



// We are in touch to help with any queries and to support routine and self-help tactics. The last email communication I received, patient was feeling a bit better, however mood can be very changeable. //