



Case Study

Social Prescriber helped Harvey* to think more positively about the future

Taking the time to listen

Harvey was referred to a Social Prescriber by his GP surgery. All contact between him and his Social Prescriber was carried out over the telephone, but Harvey cannot praise her enough. At the time of his first contact with the Social Prescriber, Harvey was having suicidal thoughts and couldn't see the point in continuing with his life. "I really felt I could speak to the Social Prescriber," says Harvey. "She was so positive and I felt able to talk things through with her."

What matters to you

Harvey was diagnosed with epilepsy at the age of 14. After leaving school he worked for many years as a builder, but after suffering a heart attack was unable to continue or to find alternative work. He did some volunteering with a local charity, which he loved. However, COVID19 meant he could no longer continue.

This time also coincided with the bitter break up of a long term relationship and the death of a beloved pet dog. All of these factors led to Harvey experiencing increased stress and anxiety, which caused him to lose confidence and to fit up to three or four times a day. Harvey wanted to take control of his life and to feel more positive about the future.

Making connections

Harvey had always been wary and a little anxious of doctors and hospitals, which he puts down to the fact that his father had died in a hospital at the young age of 49.

The Social Prescriber listened to Harvey's concerns and spent the time getting to know his history and anxieties. Following these discussions, she gained Harvey's confidence enough for her to refer him to a mental health support team. She was also able to liaise with Harvey's GP to explain that he was unable to attend appointments due to high phobia and anxiety levels. Thanks to this, Harvey was able to access the epilepsy specialists and neurological services he needed, resulting in a good health outcome and him feeling positive enough to start taking back control of his life.



Case Study (2)

Empowering you to improve your health and wellbeing

Harvey has met with the mental health support team on a couple of occasions and is feeling much more positive and in control of his life. As a result, he is not experiencing as many epileptic fits as previously.

Harvey has also returned to helping out at the charity and is looking forward to getting back to a more normal way of life. "The Social Prescriber has given me my life back," said Harvey, "I can't emphasise enough how good she was."

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Herefordshire Primary Care Networks
SOCIAL PRESCRIBING



Working alongside GP Surgeries to offer patients access to non-medical support within their local community