

Social Prescribing

What is Social Prescribing?

Social Prescribing allows Community Health Centres of Northumberland (CHCN) health care providers and your care team to refer clients of all ages to a wide range of social and wellness supports and services.



Provides a pathway for your provider to address your unique social and wellness needs.



Bridges the gap between clinical and social care.



Empowers individuals to improve their own health and wellbeing.

Why is Social Prescribing Needed?

Connecting to community resources and supports can help to improve your overall health and wellbeing, including increasing social connection, lowering levels of anxiety and depression, increasing self confidence, and helping to prevent illness.

What Kinds of Social Prescriptions Are There?



Exercise Programs



Food Support



Social Programs



Info and Navigation Support



Wellness Programs



Art and Culture



Volunteer Opportunities



Outdoor Activities

As a member of The Alliance for Healthier Communities, we offer a range of community-based services and respond to health-related community concerns.



Alliance for Healthier Communities
Alliance pour des communautés en santé



COMMUNITY HEALTH CENTRES
OF NORTHUMBERLAND

How it Works

You and your care team (physician, nurse, nurse practitioner, dietitian, social worker, PSW, etc.) identify a need that could benefit from the support of social and wellness based services and programs in your community. A referral to our Social Prescribing Program is made.

1

2

A Community Connector will reach out to schedule an intake appointment. The Community Connector works closely with you to determine your needs and goals, and help connect you to appropriate community or social supports.

3

Social Prescribing doesn't stop there! The Community Connector will help to reduce or eliminate any barriers you might be facing to access any of these services. We'll check in along the way to ensure your success.

4

Our Community Connector will meet with you for a final check in to ensure your goals and needs have been met. Feel free to reach out at anytime if you need support or have a question.

Ask your provider about Social Prescribing and how it can help!

For more information, contact our Community Connector at 905-885-2626



chcnorthumberland.ca

99 Toronto Road, Suite 101, Port Hope, Ontario

Tel: 905-885-2626



@chcnorthumberland



@chcnorthumberland