

# Social prescribing for mental health

In 2018, Welsh Government funded Mind Cymru to develop and test a model of social prescribing suitable for people with mental health problems. These are the results...

Co-designed with four local Minds in three health board areas

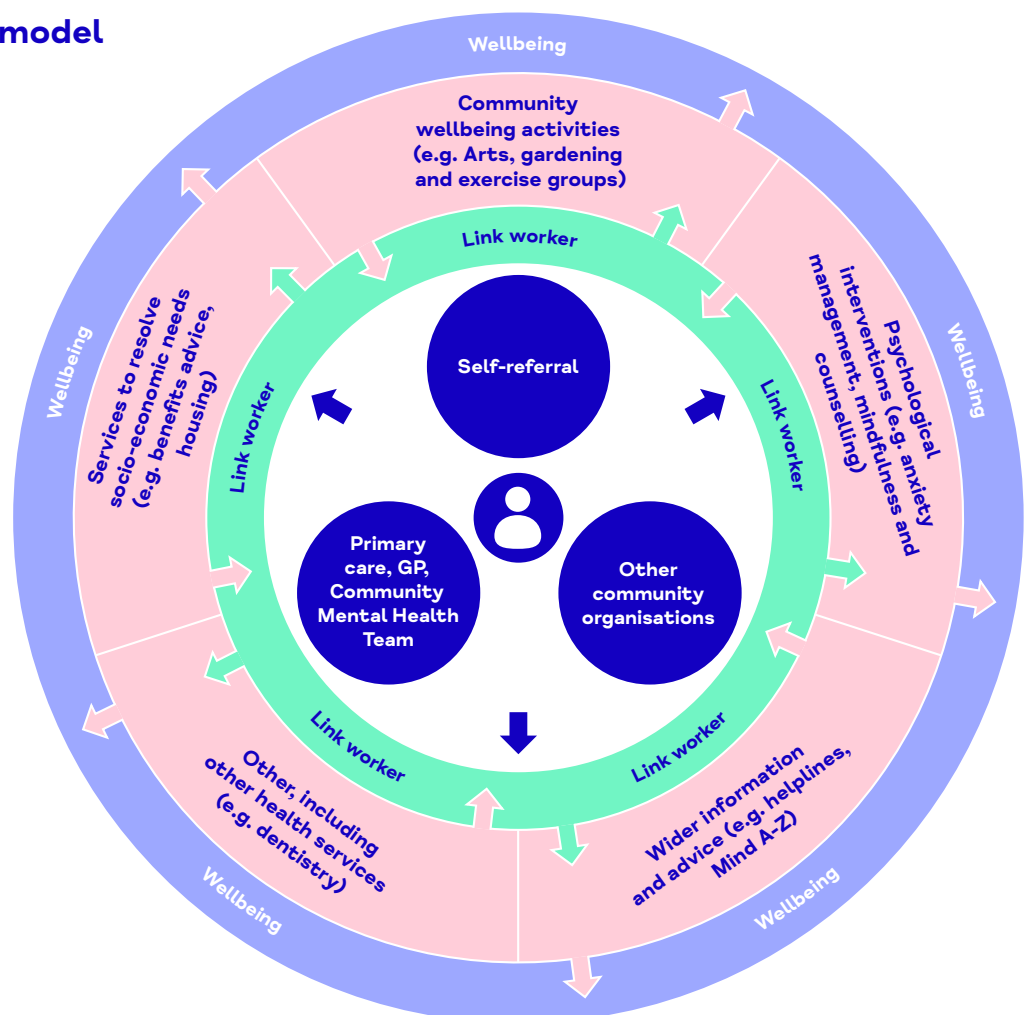
Local Mind	Local Health Board
Cwm Taf Morgannwg	Cwm Taf Morgannwg
Brecon and District	Powys
Ystradgynlais	Powys
Vale of Clwyd	Betsi Cadwaladr

-  **2244 – number of people supported overall** (Feb 2019 – Sept 2021)
-  **1838 – number of people supported during the pandemic** (April 2020 – Sept 2021)

## Our social prescribing model

### Social Prescribing Link Worker:

- A person-centred approach
- Focus on 'What Matters'
- Builds relationship and works with client to identify goals
- Good knowledge of local services and activities that promote wellbeing
- Able to identify support needed for underlying mental health problems
- Supports client to address mental health needs and engage
- Checks back with client to ensure right activities and support



## Key findings from our evaluation

During the pandemic, we adapted the service and link workers delivered remotely rather than face to face. Some service users received a shorter form of support. The following results are for the service users who received the full model of support<sup>1</sup>.

### Top 3 Reasons

#### The top three reasons cited for contacting the service were

1. Depression
2. Anxiety
3. Social isolation and loneliness

**85%** improved their wellbeing

**98%** said the service had helped them to achieve their goals, either fully or in part

**99%** said they would recommend to family and friends

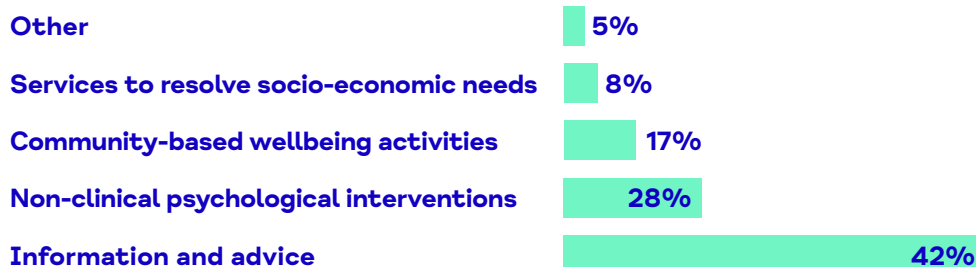
On average, they rated the service **9.5 out of 10**

**49%** were living below the minimum income standard or experiencing poverty

**81%** had personal experience of mental health problems

## Types of service referred on to

People with mental health problems may have complex needs and need access to more than one service. These are the kinds of services that people needed<sup>2</sup>:



**“It feels good to be back doing things I used to love doing, and it has helped me so much mentally.”**

Sam, Brecon

**“If I didn’t have the service, I might not be here. The impact has been enormous for me. Having someone to speak to. Having people helping you... It’s saving lives.”**

Interviewee

## Recommendations

Findings show there is a demand for a non-medicalised, social prescribing offering within Wales, with expertise to meet the needs of people with mental health problems.

### Future social prescribing models should:

- Offer a non-medicalised intervention with flexible referral routes
- Employ link workers with mental health expertise
- Ensure link workers have a good knowledge of community connections
- Adopt a model that facilitates person centred care, achieving effective engagement
- Adopt a Hybrid delivery model to suit the needs of clients



1. The full report, including bases for statistics provided will be published on [mind.org.uk/about-us/mind-cymru/social-prescribing/](https://mind.org.uk/about-us/mind-cymru/social-prescribing/)

2. Please note, service users could be referred on to multiple services and therefore percentages refer to number of services referred on to not number of service users.