

Social Prescribing – Barking & Dagenham



Doctor or nurse can refer you to talk about problems you have.

What can we help with:



Mental Health



Money & Debt



Learning & Employment



Family Support



Housing



Social Isolation



Exercise



Call or email the Social Prescribing Team:



Social.prescribing@lbbd.gov.uk



020 8724 8018

**Barking &
Dagenham**