

## Do you know a young person aged 9-19 years?

### Are they:

- ◆ *Worried?*
- ◆ *Lonely or isolated?*
- ◆ *Feeling Low?*
- ◆ *Experiencing life changes?*
- ◆ *Struggling to set goals and aspirations?*
- ◆ *Experiencing low self esteem or confidence?*
  - ◆ *Needing some help and support?*
- ◆ *Lacking empowerment to make positive choices*
- ◆ *Wants to access social groups and community activities?*

**We can help.**



Young people can self-refer, or referrals can be taken from schools, colleges, GPs or other community organisations.



HALE is a local charity working to improve health where there is greatest need.

### To make a referral contact:

07508 820689

01274 271088

[rebecca.mcdonnell@haleproject.org.uk](mailto:rebecca.mcdonnell@haleproject.org.uk)

## **HALE Young People's Social Prescribing Service:**

*works with young people aged 9-19 years who are accessing education, activities, support or live in the Central area of Bradford (BD1, BD2, BD3, BD5, BD7, BD8, BD9)*

HALE, 1 Westgate, Shipley, West Yorkshire,

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