



Healthy Minds Social Prescribing-Camden Mental Health Primary Care Network	
Brief description	<p>When I (Social Prescribing Link Worker) started working with Walter he was struggling with depression. He had been an addict for a long time. Although he had been clean for a few years, Walter needed to make peace with that part of his life and the feeling that he had never really lived before. All these feelings around loneliness and loss were particularly heightened after the death of a very close relative for whom he had been a carer for many years. He found himself very isolated. All the people he knew were still living a lifestyle of drug abuse he had left behind. An additional stressor was his financial situation. Walter had to find paid employment after many years of being out of work.</p>
Summary of the support provided	<p>Walter got out of the habit of socializing. Coming to see me at the initial appointments required an incredible effort on his part.</p> <p>The first breakthrough was agreeing that a condition of our work together would be to take a very slow pace and not rush into things. He knew that he had to move towards finding employment, yet his levels of anxiety were high at the time.</p> <p>The first goal was to make a referral to the local Employment Support service on the basis that he would have been contacted once he finished with the social prescribing intervention.</p> <p>We then looked at options around finding ways to get accustomed to being around people. We considered together various possibilities, including volunteering and college courses. All we considered proved too much anxiety raising.</p> <p>It was Walter who then suggested to look at re training as a builder, as he had done that in the past. We visited together two training facilities. On the second visit, Walter became more and more comfortable as he talked to the manager and got in touch with some degree of confidence. This was another breakthrough for Walter. He eventually decided he was not going to take up the training, yet it was clear that something had shifted for him.</p> <p>On our last session Walter felt very down. Together we acknowledged how hard things had been for him. I was really surprised when he told me that the previous week, he had popped into a couple of high street retailers to ask for vacancies. We acknowledged the fact that this would have been unthinkable at the beginning of our sessions together.</p>
Summary of outcome and impact	<p>After the course of the social prescribing sessions, Walter attended two follow up appointments with our service few months later. He had sustained a link with the Employment Support and had completed a work-related training course. He was also very happy to share that he had found part-time employment in a high street store. He said he was really enjoying his job as it gave him structure and financial security. He told us that, although he still goes through periods of low mood, overall, he feels much better.</p>