

Social Prescribing Service

for Young People

Youth Link is a free service that can put you in touch with a range of local services to improve your mental wellbeing.

If you are:

Aged
10-18



Registered with
a GP in Watford/
Three Rivers/
Dacorum/
Hertsmere/
St Albans...



To support you with:

- Anxiety
- School and exam stress
- Bullying
- Self-esteem and self-confidence
- Social isolation

Scan code
for more
information.



Email or call Ines: ines.pereira1@nhs.net | 07510 927143

