



Are you 13-19 years old (or up to 25 if you have additional needs)?*

Do you live, work or go to secondary school in East Merton?

Would you like to improve your mental wellbeing or need support with being a healthy weight?

In our social prescribing service – we are here to listen and support you in taking control of your health and wellbeing.

Why?

Do you feel anxious, angry or low and/or would like support to be a healthy weight? We can help you manage anxiety, stress, loneliness, meeting new people, learning new skills, exercising and more.

How?

You can be connected to us by talking to your GP, School Nurse, Head Teacher, Social Worker, Off The Record or a Youth Worker.

Where?

Six sessions with a social prescribing link worker, face to face in East Merton at a location near you or by phone or video call.



To learn more call or message us
on 07756 868 692
or email cypmerton@enablelc.org



Scan the QR code
to see all of our
current venues

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enable.
For happy, healthier communities.
Not for profit.