SOCIAL PRESCRIBING FACT SHEET

MINDFUL
MARGARET RIVER

WHAT IS SOCIAL PRESCRIPTION?

Social prescribing is an embedded service in primary health and general practice where doctors can refer patients to non-medical activities, ranging from health and fitness programs to movie clubs and meditation.

DID YOU KNOW?

70% of General Practitioners will use it occasionally but the majority of referrals are not specific and without the links to local community activities

-RACGP **2020**

REASONS FOR SOCIAL PRESCRIBING

A. IT WORKS and can be as effective as drugs (e.g., exercise v anti depressants)

B. It is increasingly RECOMMENDED and USED in primary health (UK, Canada, Europe) and by The Productivity Commission of Mental Health Inquiry of the Victorian Royal Commission, **2022**, recommends as part of it's 10 year Primary Health Care Plan;

- Support for linking health care workers. Looking to identify community groups.
- Encouraging Primary Health Networks to expand pathways to include social treatment.
- Acknowledging the issue of loneliness. 1 in 4 Australians are lonely.

C. It is part of the priority of Physical, Emotional, Social and Spiritual WELLBEING in Health, and emphasizes Connectedness, Caring and Community.

D. It is vital in current society with INCREASING MENTAL ILLNESS and loneliness and a disconnection of people from society, community, family, moral values and self.

E. It may only require a few specific QUESTIONS that might replace "discussion about the weather or surf"!

F. Margaret River has the benefit of an organisation, Mindful Margaret River, that is unique in Western Australia. It is essentially a voluntary and local referral and connection system focused on emotional and social wellbeing and the prevention of mental illness. One can connect to MMR through their website and find links to local support, community events, voluntary organisations and public services.

Find out more about social prescription and other ways you can connect people through social prescription online today at MindfulMargaretRiver.org.au