

How can I start?

Learn about what is available locally. There are many community clubs that are always looking for new members. There are free and low cost community events and training opportunities.

All this information can be found on a free online resource, the Mindful Margaret River website.

This website has information on **LOCAL** community supports, local resources, local events, local news and stories on ways to engage and get support.



DID YOU KNOW?

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.

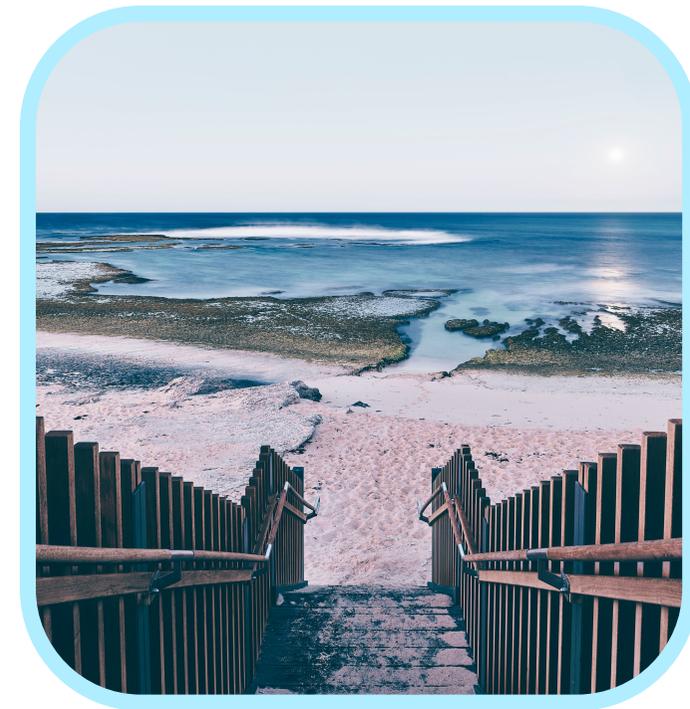
One can connect to MMR through their website and find links to local support, community events, voluntary organisations and public services.

Find out more about social prescription and other ways you can connect people through social prescription online today at:

mindfulmargaretriver.org.au

SOCIAL PRESCRIBING

FACT SHEET



Talk - Listen - Connect

WHAT IS SOCIAL PRESCRIBING?

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

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

It is increasingly **RECOMMENDED** and USED in primary health (UK, Canada, Europe).

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

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.

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

DID YOU KNOW?

The Productivity Commission Victorian Royal Commission into Mental Health 2022, recommends **Social Prescribing** as part of it's 10 year Primary Health Care Plan including;

- 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.

