

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 /

Register at ha
Gif in Watford /
Three Elvers /
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