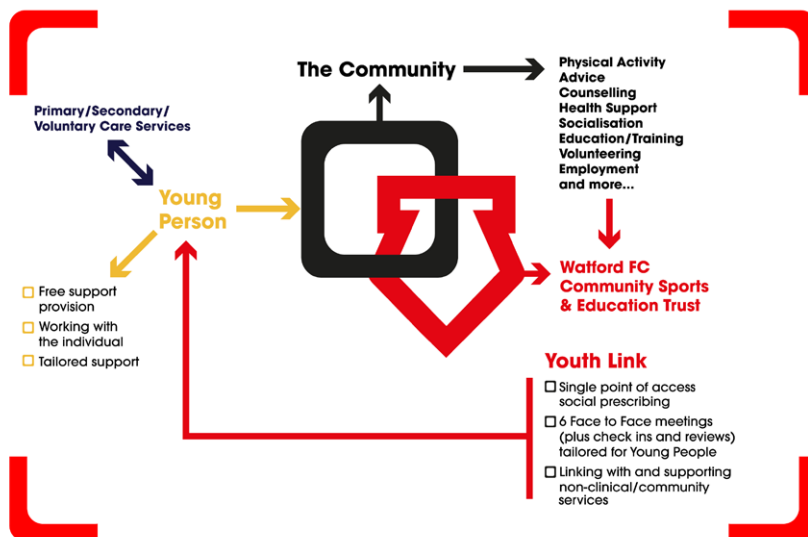


## Youth Social Prescribing Service Referral Criteria

### What is Youth Link?

Youth Link creates connections and aims to link Children and Young People to relevant and safe non-clinical provisions that can help improve their skills, provide support, and promote health and wellbeing. We aim to encourage links to support networks and the development of reliable relationships.



### Examples of Young People Presenting With:

Persistent low mood/low to moderate anxiety/stress/economic pressure that is affecting their mental health (such as unemployment or redundancy)/who are not in education, employment or training/struggles with everyday life/loneliness or isolation/struggling with carer responsibilities/difficulties coping with low to moderate special educational needs disabilities/difficulties relating to being LGBTQ+/difficulty in managing emotions such as frustration/being bullied/difficulty in maintaining peer relationships/low self-esteem/difficulty coping with a bereavement/struggling with overcoming barriers to getting physically active/low to moderate alcohol or substance misuse/having difficulty with leaving their home/sexual health concerns.

### Referral Inclusion Criteria:

- Children and Young People aged 10-24
- Registered with a GP in Watford/Three Rivers/Dacorum/Hertsmere/St Albans
- Who are able to consent to accessing the service

### Referral Exclusion Criteria:

- Unable to consent to accessing the service
- In crisis with their mental or physical health and in need of response with significant risk-to-self or other high-risk of suicide or self-harm
- Have complex co-morbid mental or physical health needs
- Have complex or severe mental health diagnosis (such as an eating disorder/ depressive episodes)
- Severe emotional or behavioural difficulties which are beyond a normal response range to life problems
- Unable to be met with reasonable adjustments
- Displaying aggressive behaviour toward others