

## Young Person's Information

Are You:



Aged 10-24?



Registered with a doctor within the West Herts area (Watford/Three Rivers/Dacorum/Hertsmere/St Albans)?



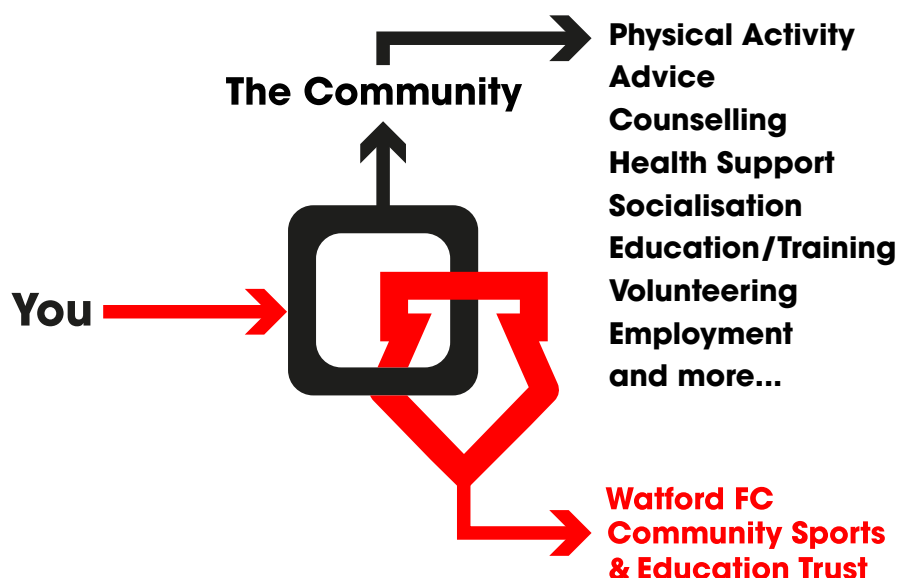
Looking for support, information, and a direction with how to improve your physical and/or emotional health and wellbeing, but unsure where to go?



Social Prescribing Service

**Youth Link is free and will work with you to create connections with relevant local services to support and improve your individual health and wellbeing needs.**

We aim to link you to **relevant and safe** provisions that can improve skills and provide **support** to improve your health and wellbeing and encourage links with **support networks** that will provide reliable **relationships**.



To find out more, contact Stephen: [stephen.ware@watfordfc.com](mailto:stephen.ware@watfordfc.com)  
To make a referral, use the Youth Link referral form.