

## A patient that was considering suicide is now enjoying life on the farm.

### What happened

The patient was in their early twenties and was struggling with social isolation and anxiety.

They described their life as having no structure and wanted to explore the opportunities available locally to help them make friends and have a "reason to get up in the morning".

### How we helped

The Social Prescribing Link worker assigned to this patient supported them to access the following service providers:



BCVS Volunteer Coordinator for volunteering opportunities.



Rhubarb Farm for volunteering and social inclusion.



Given information in relation to In Sam's Name and The Edge to offer mental health support.

### Key outcomes and impact:

- ✓ Improved mental health as a result of the connection to Rhubarb farm. They were very excited to be looking after animals.
- ✓ Reduced loneliness, after making friends at the new groups attended.
- ✓ Increased physical activity as a result of the active volunteering work they secured at Rhubarb Farm.



### Patient Quote:

“ I don't know how to explain it but I am so excited about the future. I can't remember the last time I had this feeling. I know this will all help me feel better and I need to do this for myself. ”



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