MYA HIGGINSON
WELLBEING PRACTITIONER (SOCIAL PRESCRIBER)

👤 ABOUT ME

I am Mya, a full time Wellbeing Practitioner for Healthier South Wirral PCN and have been part of the team since May 2022.
I have a degree in psychology from University of Liverpool and I have previously worked 4 years in a CBT charity (mental health).

My role consists of face to face and telephone consultations that use a person-centred approach to support someone with any issues they may be facing and help encourage them to make small changes in their life that will have a big and long-term impact on their wellbeing by linking them in to local and national support services.

● CONTACT ME

Please ask reception to make a referral.

THINGS I CAN SUPPORT WITH:

- I can provide general knowledge on areas such as housing, money, welfare, access to food and other practical problems that may be affecting someone's wellbeing.

- I can help those who are experiencing isolation by connecting them with others by giving them information on where to meet new people with similar interests, how to get involved in social activities locally and making referrals into services

- I can offer a friendly listening ear and advice on the best way to access help for people feeling low, isolated, anxious, stressed.

- I am trained on the Open Door Charity 4 week stress management course 'colours' and can do this in house with those who are wanting to find proactive solutions for their stress and build resilience through self care, goal setting and discussions around healthy and unhealthy coping strategies.

- I support carers by linking them into services who can support them further and even do wellbeing check in calls for other who have recently been discharged from hospital.

- For patients that are feeling particularly anxious about attending services, I can arrange to meet them there whilst they get signed up.

📍 TIMETABLE

Mon- PCN office (Civic)
Tue- Civic Face to face
Wed- PCN office (Sunlight)
Thur- PCN Office
Fri- Sunlight Face to face

Healthier South Wirral