



Diabetes



Wellbeing Service Long term conditions support

Diabetes and Wellbeing:

Whether you have been recently diagnosed with Diabetes or have been living with this health condition for a long time, managing Diabetes can be tough. Some people report feeling overwhelmed having to manage their medication and attend medical appointments. Others report finding it difficult to make some of the lifestyle changes necessary to cope with Diabetes.

It's very common to feel worried, anxious or low in mood at times, however having Diabetes does not mean you shouldn't be able to enjoy life.

Do you ...

Have problems adjusting, don't like needles and feel overwhelmed by the stress of it all?

Struggle with increased responsibility for self-management and self-care or can't seem to stop obsessively self-monitoring?

Feel that your mood has changed, that you've become isolated, lost your confidence, and quality of life?

Find it difficult to manage your weight, change your diet and alcohol intake and to exercise?

How we can help:

The Wellbeing Team are working closely with GPs, Diabetic nurses, Dieticians and other health professionals to provide better support and overall healthcare to patients with Diabetes.

Treatment offered within the Wellbeing Team is based on Cognitive Behaviour Therapy (CBT). CBT is an evidence based treatment recommended by NICE and is effective at reducing symptoms of low mood, anxiety and other emotional problems. For many people, improving how we feel can lead to improved self care and management of conditions like Diabetes.

CBT is a goal focused treatment, aiming to teach you strategies and techniques which can help you feel better and more in control of your Diabetes.

What to Expect:

If you or your health care professional have identified you could do with some support, after getting in touch, you will be invited to have an appointment with one of our specially trained clinicians. This appointment will usually take up to an hour and will involve completing some questionnaires to help the clinician understand your concerns. Please do not be alarmed by these questionnaires. They may be sent to you in the post for you to complete before your appointment. If you need help completing these questions, our clinicians will be happy to do this with you at your appointment.

At the end of your appointment along with the clinician, you will make a decision about what type of support could be most helpful to you and a plan will be agreed to start treatment.

It is important for us to know whether we have helped you to make improvements, so after your treatment has finished, you may be contacted to help us evaluate whether you have benefited from our support and this has made a difference to your Diabetes care.

You can speak to your GP or Diabetes Nurse who can make a referral for you.

Alternatively you can make a self referral by calling our Single Point of Access team on 0300 777 0707 or for more more information visit: www.talkwellbeing.co.uk

You can find out more information about our service by visiting www.hpft.nhs.uk/wellbeing-service where you can also download a referral form.



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If you require this information in a different language or format please contact the Trust on 01707 253903 or speak with the service providing you with support.

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