

Diabetes – Wellbeing Service

long term conditions support

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?



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

Or make a self referral by calling our Single Point of Access team on 0300 777 0707

For more more information visit:
www.talkwellbeing.co.uk