

Are you living with Diabetes?

Do you struggle with any of the following?

- Increased tiredness and loss of motivation
- Persistent worries about diet, blood sugars, administering insulin or hypos
- Panic or embarrassment about having a hypo
- Avoiding certain situations because of your long term condition
- Fear of being negatively judged
- Feeling overwhelmed by diabetes management
- Feeling frustrated and angry about how to manage your condition

If so, you are not alone and this is not something you have to put up with.

Whether you are newly diagnosed or have been living with diabetes for a while, IAPT is committed to helping people with diabetes to feel in control of their mental and emotional wellbeing.

We are a free NHS Service providing a range of psychological support to help you with symptoms of anxiety, panic or low mood.

Useful websites and contacts:

Diabetes UK can offer a listening ear and support through their helpline and support groups, as well as, advocacy and expert knowledge.

Helpline: 0345 123 2299

www.diabetes.org.uk/how_we_help

NHS Choices provides knowledge and tips on living with diabetes:

www.nhs.uk/conditions/diabetes/

There are also resources available on our website:

www.covwarkpt.nhs.uk/IAPT

Free and confidential support is also available 24/7 from the below helplines:

Mental Health Matters:

0800 61 61 71 (free from landlines)

0300 330 5487 (free from mobiles)

Samaritans: 116 123



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Improving Access to Psychological Therapies



Coventry, Warwickshire and Solihull

Living well with Diabetes

Information Leaflet



Did you know...

Around 41% of people living with diabetes experience emotional or psychological problems such as depression, anxiety and emotional distress.

Talking Helps...

Research shows that improvements in psychological wellbeing have a positive impact in helping people to manage their diabetes.

Where do I start?

- Be honest about your health and how you are really feeling
- Talk to your GP, diabetes nurse or make contact with IAPT
- Connect with others through online forums, confidential helplines and local support groups



What do we do?

We offer a type of support called CBT, or Cognitive Behavioural Therapy. CBT looks at how your thoughts and behaviours affect the way you feel. Our aim is to give you practical tools to help manage your psychological wellbeing, in order for you to feel happier, healthier and more in control.



We also offer counselling to explore your thoughts and feelings about living with a long-term health condition. We know that it can be difficult to adjust and accept the changes diabetes brings, and you may feel that you have lost a lot.

Counselling can offer a safe space to help you explore the emotional impact in the hope that you are able to find acceptance of life with diabetes.

Next Steps...

You can self-refer to IAPT by calling:

024 7667 1090

One of our referral advisors will take your details and book you in for an initial assessment. This is usually via the telephone but can be arranged for face-to-face if you prefer.

The assessment will be your opportunity to discuss with a trained practitioner how diabetes is affecting your mental, emotional and physical wellbeing. We will then discuss with you suitable support options. This may be within our service or other services outside of IAPT.

