

Diabetes and emotional wellbeing



Hertfordshire and Mid Essex Talking Therapies offers psychological help and employment support for people experiencing a wide range of common mental health conditions. It is part of the NHS Talking Therapies, for anxiety and depression programme.



Psychological support for Diabetes:

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

Whether you have been recently diagnosed with Diabetes or have been living with it for some time, managing the condition can be challenging. Some people report feeling overwhelmed with medications and medical appointments. Others find it difficult to make some of the lifestyle changes necessary to cope with Diabetes.

Do you...

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

Struggle with increased responsibility for 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 our treatments can help:

Our services work closely with your GPs, Diabetes Specialist Nurses (DSNs), Dieticians, and other health professionals. Research shows that improved Diabetes control is more likely achieved when there is a partnership between patient and health care professionals.

Treatment offered within Hertfordshire and Mid Essex Talking Therapies 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 Diabetes self-management.

We provide CBT treatment in different formats. This may include remote interventions such as interactive webinars, video calls, telephone calls, group sessions or face to face appointments.

What to expect from treatment:

Following your self-referral or health care professional referral 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 questionnaires to help the clinician understand your concerns. Please note, you will receive an SMS reminder prompting you to log in to the Patient Portal to complete all questionnaires prior to 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, you and your therapist will reach a decision about what type of support could be most helpful for you and a plan will be agreed to start treatment.

Find out more - Join our webinar:

‘Diabetes and emotional wellbeing’ is a live and interactive webinar presented by Cognitive Behavioural Therapists, trained in long term physical health conditions, and guest presenters, including Diabetes specialists and experts by experience.

The webinar explores the relationship between physical and mental health when living with Diabetes. It introduces Cognitive Behavioural Therapy (CBT) and offers a taster of how it can help people living with Diabetes with difficulties such as stress, low mood and worry. The 1-hour webinar provides a space for people interested in Diabetes to ask questions and share comments anonymously.

If you would like to learn more or register for the ‘Diabetes and emotional wellbeing’ webinar, please visit our website:

www.hpft-talkingtherapies.nhs.uk/resources-and-self-help/webinars

How to refer:

If you would like to refer yourself there are a number of ways you can do this including:

- The quickest way to refer is online:
www.hpft-talkingtherapies.nhs.uk/referral
- You can speak to your GP or Diabetes Specialist Nurse (DSNs) who can make a referral for you.
- You can make a self-referral by calling:
Hertfordshire - 0800 6444 101 or Mid Essex - 01376 308704



Find out more information about our service:

www.hpft-talkingtherapies.nhs.uk



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Hertfordshire & Mid Essex Talking Therapies

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.

Hertfordshire Partnership University NHS Foundation Trust works toward eliminating all forms of discrimination and promoting equality of opportunity for all.

We are a smoke free Trust therefore smoking is not permitted anywhere on our premises.

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www.hpft-talkingtherapies.nhs.uk