

Diabetes Psychology Service

**Information for people
with diabetes and their
support network.**



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PEOPLE WITH DIABETES CAN OFTEN FEEL OVERWHELMED. THIS IS NOT SURPRISING AS SELF-MANAGEMENT IS COMPLICATED – AND DIFFERENT FOR EVERYONE.

RESEARCH HAS SHOWN THAT PEOPLE WITH DIABETES EXPERIENCE HIGHER RATES OF MENTAL HEALTH PROBLEMS SUCH AS DEPRESSION, ANXIETY AND EATING DISORDERS.

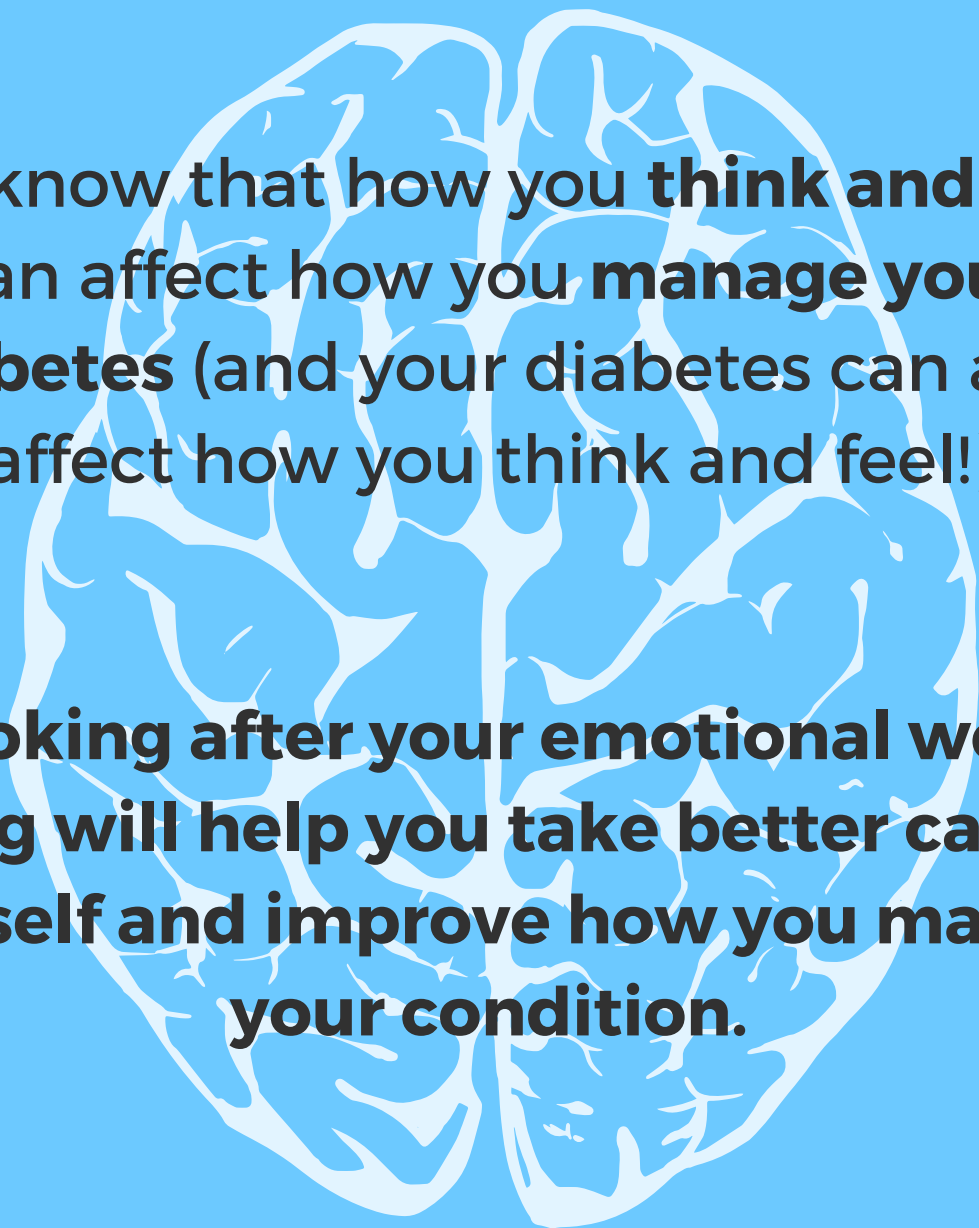
Our service offers support to people who are struggling with one or more aspect(s) of their diabetes.



THE MIND-BODY CONNECTION

We know that how you **think and feel** can affect how you **manage your diabetes** (and your diabetes can also affect how you think and feel!)

Looking after your emotional well-being will help you take better care of yourself and improve how you manage your condition.



HOW CAN WE HELP?

OUR SERVICE OFFERS MORE THAN JUST A FOCUS ON MENTAL HEALTH, WE ARE HERE TO HELP WITH ANY ASPECT OF YOUR DIABETES THAT YOU MIGHT BE STRUGGLING WITH.

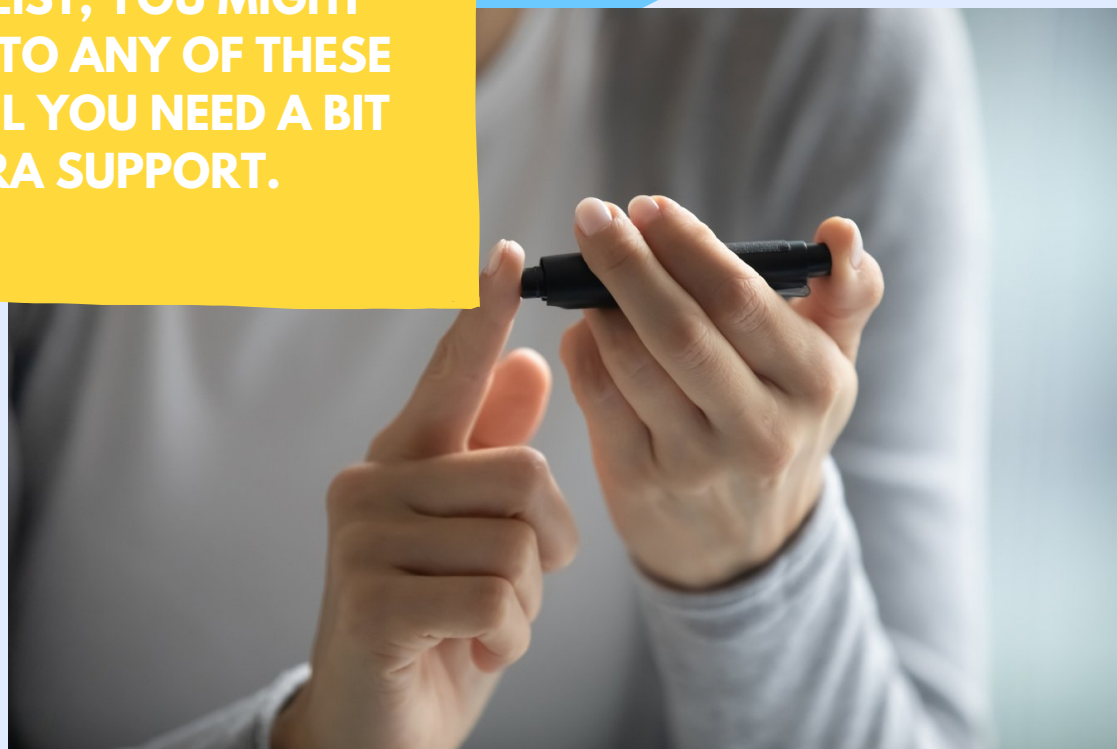
WE WILL WORK WITH YOU TO IDENTIFY **WHAT IT IS** THAT IS GETTING IN THE WAY OF SELF-MANAGEMENT, AND HELP TO **FIGURE OUT A WAY OF DEALING WITH IT.**



Below are some things you may notice if you are struggling:

- Feeling generally low or sad
- Feeling burnt out by diabetes
- Trying hard not to think about diabetes or changing the way you live your life
- Regularly struggling to follow the recommended treatments of health care professionals (e.g. carb counting, attending screening appointments)
- Running blood glucose high to reduce worries about having a hypoglycaemic episode
- Finding using a CGM or insulin pump overwhelming for various reasons
- Feeling worried about the future and imagining the worst
- Finding it difficult to make decisions
- Feeling irritated often
- Feeling unable to cope

PLEASE NOTE THESE ARE JUST SOME EXAMPLES AND NOT A COMPLETE LIST, YOU MIGHT NOT RELATE TO ANY OF THESE BUT JUST FEEL YOU NEED A BIT OF EXTRA SUPPORT.



HOW WILL IT WORK?

If you are struggling, or think our service is something you might benefit from, speak to a healthcare professional who will refer you. We will then get in contact and arrange an initial appointment.

Alternatively, you can contact us directly using the contact information provided on the last page of this leaflet.

WHAT TO EXPECT?

The first appointment will last around 50 minutes. It is a chance for us to get to know you better and work with you to decide the best course of action.

We might ask you a few questions about yourself, your diabetes, how you're feeling and any goals you may have.

We will go at your pace and work towards your personal goals.

WHERE WILL I BE SEEN?

We are currently seeing all our patients virtually, using a simple and easy-to-use platform called 'Attend Anywhere'.

WHAT TO DO:

After an initial telephone call, you will receive an email (or letter) from us with all the information about how to access the online appointment. All you need to do is follow the link!

You will also need to complete some questionnaires – these are important as they give us a better idea of how we can help.

THEN WHAT?

If after the initial appointment we decide to keep meeting, we will agree some goals to work towards in future sessions.

Goals will vary from person to person, but could include things such as:

- Decreasing stress and worry about the future
- Finding ways to better control blood glucose levels
- Feeling more in control
- Improving eating habits
- Coping better with life in general, diabetes, or pain
- Not feeling so low or sad
- Engaging more with diabetes team
- Attending physical health appointments



We will aim to meet weekly and agree the number of sessions between us.

CONTACT US

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