

Department of Clinical Psychology

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**Accessing
psychological support
for people with
diabetes**

Patient information leaflet

**This leaflet is available in alternative languages/formats
on request.**

**Whiston Hospital
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Why might someone with diabetes need psychological support?

Adjusting to life with diabetes and dealing with the daily demands of managing it can involve a lot of time and energy.

Many people with diabetes cope well with these demands. At times though people may understandably feel frustrated, upset, fed up or worried. This can sometimes make the self-management of diabetes more difficult and may have an impact upon how people feel physically and emotionally.



Sometimes people have problems that are not always related to diabetes itself e.g. relationship problems or work-related stresses. Dealing with these issues can sometimes mean that it is harder to focus on the daily demands of managing diabetes and/or may make control of diabetes more difficult

Everybody copes with diabetes in a slightly different way and there is **no right or wrong way** to feel about having diabetes.

If you find that the way you are feeling is **beginning to interfere** with your everyday life, it could be helpful to ask for some extra support with the emotional side of having diabetes, as well as the physical support you already receive from your medical team.

Some examples of problems that you could ask for help with:

- Coming to terms and coping with diabetes – fitting it into daily life

- Feeling low, worried, frustrated
- Changes to how you feel about yourself or other people
- Finding the daily demands of self-management to be challenging



What should I do if I would like extra support?

If you live in **St Helen's, Knowsley** or **Halton** your local psychological services for people with diabetes are based at **St Helen's Hospital**.

- If you are under the care of the diabetes team, who are based in St Helen's Hospital, you can ask them to help you to access this service.
- If you are not under the care of the diabetes team, you can speak to your GP. Your GP should be able to help with making a decision about whether the clinical psychology service is the best service to meet your needs.

What will happen next?

Members of the diabetes team can provide **information and support** about a variety of aspects of living with diabetes.

They can help you to decide what the best course of action might be. This could involve:

- Further contact with your Diabetes Nurse Specialist/ Consultant/ Dietician/other Health professional.
- Attending one of the educational courses run by the diabetes team
- A referral to the Clinical Psychology Service, or other local counselling/mental health services.



What can I expect from the Clinical Psychology Service?

The Clinical Psychology Service is experienced at dealing with the emotional impact of health difficulties such as diabetes.



You are likely to be offered an assessment session in which you will be asked about your experience of diabetes, your current difficulties, and the impact that this has had on your life. A plan of action would then be agreed between yourself and your therapist.

Other sources of support

There are a number of patient support groups for people with diabetes, including those run at a local level by Diabetes UK. For more information, please see the website

http://www.diabetes.org.uk/How_we_help/Local_support_groups/

or telephone: 020 7424 1000.