

Who to contact

Call any of these organisations directly for support. Each service offers something slightly different and most have services in your area:

Centre for Psychology

One-to-one therapy, mindfulness group sessions & supportive workshops.

- 01483 901429
- surrey@centreforpsychology.co.uk
- www.centreforpsychology.co.uk

Dorking Healthcare (DHC)

DHC Talking Therapies

Face to face, range of online and telephone support. CBT, Guided self-help, counselling, EDMR & DIT. Individuals and groups.

- 01483 906392
- lapt.dhc@nhs.net
- www.dhctalkingtherapies.co.uk

Ieso Digital Health

1:1 CBT, Live session, typed & delivered Online at a time that suits you.

- 0800 074 5560
- info@iesohealth.com
- www.iesohealth.com

Mind Matters

Face-to-face, phone and web based CBT and counselling including skype video and groups.

- 0300 3305450
- rxx.mindmatters-surrey@nhs.net
- www.mindmattersnhs.co.uk/surrey

Talking Therapies Berkshire

Online therapy service offering support 24/7 at a time that suits you.

- 0300 3652000
- www.berkshirehealthcare.nhs.uk/surreyonline
- [@bks-tr.surreytalkingtherapies@nhs.net](https://twitter.com/bks-tr.surreytalkingtherapies)

ThinkAction Surrey

Face-to-face and online CBT, guided self-help and counselling for individuals and groups.

- 0300 012 0012 and 01737225370
- thinkaction@addaction.org.uk
- www.thinkaction.org.uk

To request a copy of this leaflet in larger print or a different format, please contact leaflets@sabp.nhs.uk

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Living Well with Diabetes

A guide to how Talking Therapies could help you manage your condition



Diabetes and Emotional Health

If you've recently been diagnosed with diabetes, this may be an overwhelming time for you.

Living with diabetes can be really tough and a challenge to manage on a daily basis. You may feel frustrated, stressed or lonely, or less able to cope with the burdens of this demanding condition. You may also worry about becoming unwell or getting complications in the future.

Having all this on your mind can have a significant impact on your mood, and in turn on how well you are able to manage your condition.

Did you know?

Each year one in four of us will experience some kind of emotional health problem. Depression is also twice as common in people with diabetes. As well as the difficulties that the condition may cause you, feelings like stress or worry can cause your sugar levels to change, making you feel more anxious.

Signs that my Diabetes may be getting me down

- ◇ I feel fed up and overwhelmed
- ◇ I'm not able to cope like I used to
- ◇ I feel sad or hopeless
- ◇ I have more down days than good days
- ◇ I worry about the future
- ◇ I'm not interested in activities that I used to enjoy
- ◇ My sleep or appetite have changed
- ◇ I'm only noticing the negatives in life
- ◇ I feel guilty about not coping



What can I do about how I'm feeling?

There is a strong link between emotional and physical health, and improving one often helps to improve the other. It's important to recognise how you feel and get help when you need it. That's where we come in.

Talking therapy can help you deal with negative thoughts and feelings, and make positive changes.

What help is available?

Different types of wellbeing support are available, from one-to-one talking therapy and counselling, to group therapy, or online courses. You can pick the option that works for you and your life-style.

Talking therapy services are free on the NHS if you're over 18 and registered with a GP in Surrey. These services are tailored to your needs and provided by specially trained therapists.

How do I make an appointment?

You can speak to someone local to you by contacting one of the services on the back of this leaflet yourself, or ask your GP or a Practice Nurse to refer you.

What happens when I get in touch?

Initially, we will ask some questions about you. This helps decide how best to plan your care, and what therapy may be suitable for you. This first appointment can take about an hour and can happen over the phone, face to face or online.