

## Patient Information Leaflet: Diabetes Wellbeing Course

Dear Patient

Sometimes having a long term condition like diabetes can be stressful and add to life's struggles. In addition to your routine diabetes health checks, it is important that you have the option to learn how to manage with feeling down; stressed and worried. Please have a look at the questions below:

- During the last month have you been feeling down, depressed or hopeless?
- During the last month have you often been bothered by having little interest or pleasure in doing things?

If you feel the answers are 'yes' and this is a problem for you, then Talking Therapies might be able to help. Talking Therapies help people with low mood, worry and stress.

### The Diabetes Wellbeing Course

We know that helping people learn to manage the stress that comes with having diabetes can help with emotional wellbeing and possibly physical health too.

As a result Talking Therapies are working with your GPs, hospital doctors and nurses in running a project specifically designed for people with type II diabetes. We would welcome the chance to help you, if you think it would be of benefit to you.

If you are interested in this course then please contact us, either for more information, or to get involved. This is a free, confidential service run by the NHS. You can do this by contacting us with the details below:

- **Telephone: 0300 365 2000 and tell the administrator you have diabetes**
- **Email: [talkingtherapies@berkshire.nhs.uk](mailto:talkingtherapies@berkshire.nhs.uk) with 'diabetes' in the subject box**

We will gather some details and book you in for an assessment over the telephone or face-to-face with a therapist involved in the project. There are other options other than the diabetes project, feel free to ask about any other services that we have to offer.

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**Improving Access to Psychological Therapies – Relieving distress, transforming lives**

Do you have any comments on our service?  
Free Phone 08000 281215 or email: [bht@berkshire.nhs.uk](mailto:bht@berkshire.nhs.uk) or website: [www.berkshirehct.nhs.uk](http://www.berkshirehct.nhs.uk)  
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