

CPFT Psychological Wellbeing Service

Diabetes



The Psychological Wellbeing Service offers treatments across Cambridgeshire and Peterborough.

Refer yourself directly via:

www.cpft.nhs.uk



or call:

0300 300 0055

A member of Cambridge University Health Partners

Where will we see you?

Therapists work in consultation rooms, GP surgeries, hospitals and community settings throughout the county.

Waiting time

Please expect there to be a waiting time between your referral and receiving treatment. You can ask at your assessment for our best estimate of waiting times.

Is the service for everyone?

We try to be as inclusive as we can, but psychological therapy is not for everyone. Wanting to change is important. Our service may not be right for you if :

- You have a diagnosis of serious mental illness or personality disorder.
- You have a history of self harm or suicide attempts.

In the above cases, we would suggest discussion with your GP prior to self referral who will be able to look at the best options for you.



How can I refer myself?

We recommend referral in the first instance via the web page:

www.cpft.nhs.uk

Alternatively, call our self-referral team on the number below and they will guide you through the process. Let them know that you have a diabetes diagnosis. The line is open 9am to 5pm, Monday to Friday.

0300 300 0055

Emergency contact details

If you feel you are experiencing a mental health crisis and need access to immediate help, please call our **First Response Service on 111 and select option 2.**

Other sources of help include:

Your GP

Samaritans Telephone 116 123, or
E-mail jo@samaritans.org

For further Information about the Psychological Wellbeing Service (IAPT) and for additional copies of this leaflet, contact us at selfreferIAPT@cpft.nhs.uk

Leaflet updated: 23 January 2018

If you require this information in another format such as braille, large print or another language, please let us know.

HQ Elizabeth House, Fulbourn Hospital,
Cambridge CB21 5EF.
T 01223 219400 F 01480 398501
www.cpft.nhs.uk



Diabetes and psychological wellbeing

Psychological difficulties are common in people with a diagnosis of diabetes; often these are unrecognised and remain untreated. These psychological difficulties can impact upon self-management of their diabetes, leading to an increased risk of associated complications.

There are a range of emotional problems that are more common in people with diabetes:

- **Depression**

Depression is characterised by symptoms such as low mood and energy, inability to enjoy life and reduced motivation.

- **Anxiety**

Uncertainty about the effects of diabetes and the fear of complications may, for some people, lead to anxiety.

- **Acceptance of the diagnosis**

Diabetes often requires changes to lifestyle and self-care. Some people may feel overwhelmed or experience burn-out.

- **Difficulties with medication**

Inconsistent use of medication can have damaging effects on diabetes and on psychological wellbeing.

- **Needle phobia**

This can make it difficult for some people to measure circulating glucose levels.

CPFT Psychological Wellbeing Service

works alongside and collaborating with GPs, hospitals, specialist diabetes nurses and consultants. We will help you recognise if you are experiencing anxiety or depression and how this might affect health and management of your condition. Together, we will be able to talk about the range of therapy options that would be most helpful and suitable for you.

What do we offer?

- **Guided self help** for mild to moderate psychological problems
- **Cognitive Behaviour Therapy (CBT)** for moderate to severe psychological problems



We have a range of treatment options available including face to face, over the phone, online and in groups. We work with a wide range of emotional difficulties. We will work out what treatment will suit you best at your assessment depending on your needs. It will not be specified or chosen by external clinicians or agencies.

Sessions take around 30 minutes to one hour depending on the type of treatment you receive. The total number of sessions will depend on your needs, but we are a short term therapy service.

We also offer:

- Interpretation services where required
- Signposting to counselling, partner agencies and other services to support other needs such as return to employment

Who is the service for?

The service is for people aged over 17 years who are normally resident in Cambridgeshire and Peterborough who are registered with a GP in one of these areas. We do not have an upper age limit.

How much does it cost?

As an NHS service, the treatments that we offer are free of charge.