



NHS
mind
matters
surrey

Living well with Diabetes

Free help and support for people struggling with Diabetes, to help you 'feel better and live better'

Surrey and Borders Partnership
NHS Foundation Trust

Contact Mind Matters

Our trained staff are available during office hours: Mon - Fri 8:30am - 5:30pm

- Tel: 0300 330 5450
- Text: 07786 202 566
- Email: Mindmatters.Surrey@sabp.nhs.uk
- Post: Mind Matters, Unither House, Curfew Bell Road, Chertsey KT16 9TF
- Self-refer online at:
www.mindmattersnhs.co.uk

 [facebook.com/mindmatterssabp](https://www.facebook.com/mindmatterssabp)

 [@MindMattersSABP](https://twitter.com/MindMattersSABP)

Surrey and Borders Partnership NHS Foundation Trust

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www.sabp.nhs.uk

 [@sabpnhs](https://twitter.com/sabpnhs)  [facebook.com/sabpnhs](https://www.facebook.com/sabpnhs)

If you would like this information in another format or another language, please ring 01372 216285 or email: leaflets@sabp.nhs.uk

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Living Well with LTC Group

Our group therapy sessions are delivered by qualified Cognitive Behaviour Therapists who have special training in working with Long Term Conditions.

Talking Therapies offered include;

- CBT
- Counselling
- Guided Self Help
- 1-1, Telephone, Group or online video
- Computerised Cognitive Behaviour Therapy

Space from Diabetes

Is an online CBT (Cognitive Behavioural Therapy) programme from 'Silver Cloud' tailored to your individual need. It is easy to use and can be flexibly accessed on a PC, Tablet or mobile. You can use the programme alone or with the support of a [Mind Matters](#) therapist.

Useful Contacts

Diabetes UK:

Local Support Groups & Advice

www.diabetes.org.uk

Diabetes Support:

An online UK community run by members where you can talk to others with Diabetes; sharing experiences and offering knowledge & support to others.

www.diabetes-support.org.uk

Statistics show.... If you have diabetes

You are
twice as
likely...

To experience
difficulties with low
mood or anxiety

We know that living with Diabetes can be really tough and a challenge to manage on a daily basis. Understandably you can be left feeling overwhelmed, frustrated, stressed or just less able to cope with the burdens of this demanding condition. It can feel like you never get a break from it and you may have worries about becoming unwell or getting complications in the future.

All of this can have a significant impact on your mood which can then affect how well you are able to manage your condition.

*Fluctuations in your blood sugar
can lead to anxiety*

*Mind matters offers you free help
and support to help you manage
your Long Term Condition.*

*Call us today: 0300 330 5450 or self-
refer at www.mindmattersnhs.co.uk*

*"I experienced
'diabetes burnout'
where I felt exhausted
from managing
it and gave up"*

*"I'm feeling
isolated and wound
up, dreading each day
ahead and worrying
about what
it will bring"*

Signs that My Diabetes is getting me down

- Fed up and overwhelmed
- Less interested in activities I used to enjoy
- Sad or hopeless
- More down days than good days
- Worry about the future
- Sleep or appetite have changed
- Only noticing the negatives in life
- Feel guilty about not coping
- Unable to cope like I used to.

What can I do to help myself?

- Remain active & exercise regularly
- Make time for pleasurable activities
- Eat well and carefully

What prevents me from achieving my goals?

Worries about the future: excessive worry can increase feelings of anxiety which then makes diabetes management more challenging.

Negative thoughts: whilst these are common when you are feeling low or anxious, these thoughts can be unhelpful and can stop us seeing things clearly.

Unrealistic expectations; when we set our standards too high they can feel out of reach or unachievable.

*Talking helps;
Research shows that
psychological therapy improves
blood glucose levels and
has a positive effect
on diabetes*

How can Mind Matters help?

Mind Matters offers a range of effective treatments for anxiety and low mood which will help you manage your diabetes better.