

Opening Hours:
Monday - Friday
8:30am - 4:30pm

USEFUL INFORMATION

The DPWS are not a crisis service and are not open 24 hours per day.

If you are worried about your safety or the safety of others please contact your GP or phone 111.



Northamptonshire Healthcare
NHS Foundation Trust
Diabetes Psychological Wellbeing Service
Campbell House
Northampton
NN1 3EB
Telephone: 01604 657722
www.nhft.nhs.uk/diabetes-mdt



If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেট যদি আপনার অন্য কোনো ফর্ম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jei šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

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#weareNHFT

NHS
Northamptonshire Healthcare
NHS Foundation Trust

THE DIABETES
PSYCHOLOGICAL
WELLBEING
SERVICE
(DPWS)

SUPPORTING
THE EMOTIONAL
CHALLENGES OF
TYPE 1 AND TYPE
2 DIABETES

 01604 657722

 nhft.nhs.uk/diabetes-mdt



MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

DIABETES AND EMOTIONS

Living with type 1 and type 2 diabetes can present a wide range of daily challenges and demands. It is common to experience negative emotions such as feeling overwhelmed, low mood, anxiety and anger.

Together, these can impact on your diabetes self-care and overall wellbeing.

Common problems include:

- Tackling lifestyle changes
- Motivation
- Fear of developing complications
- Overeating and comfort eating
- Fear of hypo/hyperglycaemia
- Adjustment to a new diagnosis
- Needle phobia
- Sexual difficulties
- Feeling overwhelmed and diabetes 'burnout'

ARE WE THE RIGHT SERVICE FOR YOU?

We currently see people who are:

- Aged 16 or over
- Diagnosed with type 1 or type 2 diabetes
- Experiencing reduced psychological wellbeing (e.g. stress or low mood).

HOW CAN WE HELP?

We are team of psychological practitioners based in the county of Northamptonshire. We are part of the Diabetes Multi-Disciplinary Team (D-MDT) which also provides nursing, podiatry and dietetic support to people with a diagnosis of diabetes.

We currently have clinics based in Northampton, Daventry, Kettering, Corby and Wellingborough.

We offer short-term interventions such as guided self-help and cognitive behavioural therapy to help you reach your goals. Cognitive Behavioural Therapy helps to manage your problems by changing our thoughts and behaviour.

We offer face to face or telephone support with a psychological practitioner who has a knowledge and understanding of the challenges experienced by people living with diabetes.

HOW DO I ACCESS THE SERVICE?

1. Self-referral by contacting 01604 657722 (8:30am-4:30pm Mon-Fri - Please leave a message)
2. You can also ask your GP or nurse for a referral

WHAT HAPPENS NEXT?

Once we have received your referral, we will contact you for a telephone screening which helps to establish whether we are a suitable service for you and to understand your current difficulties.

If we are a suitable service, you will be offered a face to face appointment in one of our clinics or a telephone appointment if preferred which usually lasts up to 50 minutes. From here, we will discuss possible treatment options.

