Diabetes and emotional health

Support available for people living with diabetes
Living with diabetes can be tough. It can feel relentless. Lots of people struggle from time to time.
Diabetes UK has a number of resources to which you can signpost people with diabetes for help getting through the tough days or finding answers to those tricky questions.

**Diabetes UK Helpline**
Call or email our specially trained counsellors to get advice and support from Monday to Friday 9am to 6pm.
0345 123 2399 or email helpline@diabetes.org.uk

**Diabetes UK Support Forum**
Log on 24/7 to find help, tips and a friendly welcome from other people living with diabetes.
www.diabetes.org.uk/forum

**Diabetes UK Local Groups**
Join a local group and meet other people who understand what you’re going through because they’ve been through it too.
www.diabetes.org.uk/local-group-portal

**Learning Zone**
Join our free online Learning Zone and get to grips with your diabetes when it suits you.
www.diabetes.org.uk/learningzone

We have provided new webpages and content on our Learning Zone to provide lots of information about how diabetes can affect emotional wellbeing, and what can help:
www.diabetes.org.uk/guide-to-diabetes/emotions
Support for Healthcare Professionals

We know that talking to people with diabetes about their emotional health isn’t easy. Our ‘Diabetes and emotional health’ guide for front line staff offers strategies and tools to help recognise and have conversations about emotional problems, as well as providing appropriate support.

We can help you:
- practically support emotional health
- use consultation time productively
- know when and where to refer.

We’ve got chapters with the latest information on depression, barriers to insulin use, diabetes distress, fear of hypoglycaemia, eating with diabetes, anxiety and adjusting to diagnosis.

Don’t forget that a simple question like ‘how are you feeling today?’ can make a massive difference to people living with diabetes by allowing them to open up about their emotions.

Go to

www.diabetes.org.uk/emotional-health-professionals-guide

Information Prescriptions

Download our information prescription, ‘My emotions and diabetes’. It provides easy to read information and individual action planning, helping people understand the impact living with diabetes can have on their emotions and how to take steps to improve their emotional health:

www.diabetes.org.uk/IP-Prof

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136) 1885