Having a quality conversation about diabetes and emotional health

What to do if you have concerns
If you identify an issue such as depression, anxiety or eating disorder there are usually three possible next steps:

No current action required
Make a note to follow-up and monitor it in subsequent routine appointment.

Make another appointment
Make an appointment to explore the issue in more detail in the near future to decide if further action is required.

Refer on to a specific service or organisation
Refer an organisation that will be better suited to support them with their issue such as a specialist clinical health psychologist, the local IAPT service or local charity.
If you are at all concerned about risk of suicide or self-harm then you must contact your local crisis team as soon as possible to discuss it with them.
Familiarise yourself with your Trust safeguarding process. If you don’t know how to do that, then find out.

Reflection on your practice
What am I doing well?
What areas can I improve?
What will I do differently?

What to do if you have concerns

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Signposting and resources

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“My GP has specialised in diabetes, but he doesn’t care about my emotions. He does all the physical checks… but doesn’t ask me how I am – how I’m feeling. Something’s missing – I don’t get an explanation.”

Sara, living with Type 2 diabetes
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Talking about diabetes and stress

Talking about diabetes and stress can be difficult. How are you going to talk about diabetes and stress?

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