

What can I expect?

The course is evidence-based on 'Cognitive Behavioural Therapy' and runs over 6 weekly sessions, lasting up to 1.5 hours per session.

The course will be delivered at Illkely Moor Medical Centre and will be an evening course.

You can expect to learn more about diabetes, impact of diabetes on mood and how to manage your wellbeing in a different way.

What would be expected of me?

- You will be expected to attend sessions consistently
- Practice the skills taught in between sessions

You are very welcome to bring someone along with you for moral support.

What happens next?

If you are interested in attending this course then please;

Speak with your Social Prescriber or GP about a referral.

Useful numbers

Samaritans:

116 123

Mind:

01274 730815

First Response (crisis team):

01274 221181



**Feeling down or
worried about your
diabetes?**

We can help!

**Join our educational
programme:**

**My Health and Emotional
Wellbeing - Diabetes**

Who are we?

We are 'MyWellbeing College' - a free NHS service aimed at helping you through life's ups and downs.

We offer support on helping you to improve things like:

- Low mood
- Anxiety
- Sleep problems
- Stress

We offer a non-judgmental, confidential service, providing you



MyWellbeing College
Talking through life's ups and downs

How we can help with your diabetes and mood:

We have a new aspect of the service in which we are aiming to support those with a long-term condition, with the impact of that condition on mood.

Being diagnosed with diabetes can affect the way we feel emotionally due to the changes it brings to our lives. We may have to change the way we eat, look after ourselves and carry out new routines to 'check in' on our condition.

As part of a development trial, we are offering a 6 week, evidence based educational course, to those with a diagnosis of diabetes who are worried about or feeling down due to their diagnosis.

Is this course right for me?

Yes! If:

- You are experiencing low mood, stress or anxiety in relation to your diabetes
- You want to learn more about diabetes, low mood/anxiety and techniques to manage your well-being
- You want to meet others going through something similar to yourself
- You feel ready to make some changes to your life

