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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون کرو: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Emotional Well-being and Diabetes

Diabetes Foot Care Team

The Challenges of Diabetes

Living with diabetes can be challenging. There are many complex lifestyle and medical treatment issues that are associated with it. The health consequences of uncontrolled diabetes are both serious and preventable. The course and outcomes of your diabetes can be heavily determined by the choices you make. However, a diagnosis of diabetes can present a daunting list of lifestyle changes and treatment recommendations which can sometimes feel overwhelming. Feeling this way about your diabetes is an understandable and natural reaction for anyone living with a long-term health condition.

Emotional well-being

The way you react to things and the emotions you feel will vary for each person.

- You may feel angry about diabetes and struggle to manage the demands of your diabetes alongside the demands of everyday life.
- You may worry about not taking good care of your diabetes but feel unsure how or lack motivation to make changes.
- You may avoid appointments or avoid checking your blood sugars.

How we can support you?

All patients referred to the Diabetes Hot Foot Clinic will be asked some questions in their initial appointment to assess for any diabetes related distress, difficulties managing mood or coping.

If you are **referred to the MDT** you may then be contacted by the Clinical Psychologist who will listen to your concerns and work with you to find a helpful way forward. This might be further

assessment, follow-up appointments or referral to other services that may be better placed to support you. This will be planned and agreed with you, and together with the Diabetes and foot care team. You will be seen either when you attend for your clinic appointment to see the MDT Diabetes Foot team at St Peter's Hospital or will receive a telephone call.

If you are to be **managed in the community**, there are other sources of support for managing the emotional impact of Diabetes. It can feel difficult to share your concerns with others, but please talk to your **GP**, your **Diabetes Specialist Nurse** or your **Podiatrist** if you are struggling to cope or would like support.

Mind Matters is your local NHS provider offering free and confidential talking therapies to people aged 17+ registered with a Surrey GP. You can self-refer by calling 0300 330 5450 or texting 07786 202 565 or via this link: www.mindmattersnhs.co.uk

The **Diabetes UK Helpline** offer specialist information and advice on all aspects of living with diabetes Call: 0345 123 2399, Monday to Friday, 9am to 6pm. Email: helpline@diabetes.org.uk

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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