



**Worcestershire
Acute Hospitals**
NHS Trust

Young Person's Information

Emotional Wellbeing Support
in Adulthood



□ www.worcsacute.nhs.uk



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Emotional Wellbeing Support

Your current paediatric team includes clinical psychologists who you can contact as and when you feel you would like their support – individually and/or as a family. The adult team do not have any psychologists/therapists as part of their team. Emotional wellbeing support is available from other separate services.

There are a range of services in Worcestershire and the rest of the country that can support you with many emotional wellbeing needs you may have at any time in your adulthood.

In the first instance, it may be helpful to **talk to your diabetes consultant and/or nurse** about the struggles you are experiencing. Another person you can talk to is **your GP**, as they will know which services can best support your needs.

One such service is **Herefordshire & Worcestershire Talking Therapies**.

This service supports people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression. They help people improve their emotional wellbeing through a range of interventions such as online therapy, groups and courses and 1:1 therapy.



You can self-refer by completing the self-assessment form from their website.

www.talkingtherapies.hwhct.nhs.uk/selfreferral or calling **0300 013 57 27** and one of their team will help you self-refer.

They can offer:

Silver cloud (online, self-guided therapy)

This involves a Psychological Wellbeing Practitioner (PWP) providing ongoing support via email or phone in a proven approach called 'Guided Self-Help'. It takes about 6-8 weeks to complete.

Courses

Living Well with Diabetes and Calming Anxiety

This is a virtual course that is structured and based on the principles of Cognitive Behavioural Therapy (CBT). It is educational in nature, with opportunities for discussion.

Each course is 5 sessions long, for two hours weekly on Wednesdays 1 – 3pm

Living Well with Diabetes and boosting Mood

This is a virtual course that is structured and based on the principles of Cognitive Behavioural Therapy. It is educational in nature, with opportunities for discussion.

Each course is 5 sessions long, for two hours on Wednesdays 1 – 3pm.

Therapy and 1:1 support

Weekly sessions with either a CBT therapist or psychological wellbeing practitioner for between 6-12 weeks.

Their website also offers a range of self-help material on a range of topics which you can access:

www.talkingtherapies.hwhct.nhs.uk/guides

Diabetes UK also have a range of leaflets on emotional wellbeing and a phone line if you want to talk to someone about your feelings and diabetes

www.diabetes.org.uk/guide-to-diabetes/emotions

TALK TO US ABOUT DIABETES

0345123 2399

Relate

Relate provides specific counselling relating to people's relationships. They provide relationship support in Worcester, Bromsgrove, Redditch, Broadway, Wyre Forest, Malvern, Evesham and Droitwich. To find out more about their services or to book an appointment at any of their locations please call 01905 28051 or visit their website www.relate.org.uk/worcestershire.

If you are struggling with your mental health and require urgent support, please use:

NHS urgent mental health helpline 0808 196 9127 (free phone, available 24 hours a day 365 days a year)

Samaritans: 116 123