**Information on how patients with diabetes can benefit from NHS Talking Therapies:**

Someone living with diabetes can experience depression or anxiety at any stage of their journey with diabetes; from coping with diagnosis, through to needle phobias or fears of hypos. Steps2Wellbeing therapists have undergone additional training to work with patients to reduce their diabetes distress.

**What Steps2Wellbeing can offer:
Support can be accessed quickly, the current wait from referral to assessment is just 3 days**

·         Steps2Wellbeing can support those with Type1, Type2 and other forms of Diabetes to reduce their diabetes distress

·         We can support individuals to feel more confident to manage their condition including increased engagement with treatment plans.

·         Early intervention in diabetes distress has long term benefits to the patients physical and mental health

To find out more about how Steps2Wellbeing can help patients with a long-term health condition, [watch this video.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D3vp0hPoe0ew&data=05%7C01%7Cfreya.kennedy%40nhs.net%7Ccde9c52275874705932008dbbf347b6b%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638314004345232700%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hLe2R5ngNFkouyOgfitaAyKYpPm4Vey4W%2BxP7cBqZHc%3D&reserved=0)

**How healthcare professionals can help:**

* Depression and anxiety in adults with Diabetes is often not recognised and seen as ‘understandable’ in the context of long-term illnesses
* Unrecognised anxiety and depression in people with diabetes can lead to increased care needs, or hospitalisation and increased morbidity.

Please support your patients with diabetes to access NHS Talking Therapies (Steps2Wellbeing) as soon as possible.

Patients can refer themselves on the Steps2Wellbeing website: [Steps 2 Wellbeing](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.steps2wellbeing.co.uk%2Feasy_ways_to_refer%2F&data=05%7C01%7Cfreya.kennedy%40nhs.net%7Ccde9c52275874705932008dbbf347b6b%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638314004345232700%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=WCaNcwN2TIs%2BfmxkgG%2FEcCxw00wCh1GNsrlBAh3Cvrc%3D&reserved=0)  or over the phone on 0800 612 700

GPs and healthcare providers can also complete a referral form on their behalf: [Referral Form (mayden.co.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgateway.mayden.co.uk%2Freferral-v2%2F75de7be7-dc11-4085-a843-c9e2387b6234&data=05%7C01%7Cfreya.kennedy%40nhs.net%7Ccde9c52275874705932008dbbf347b6b%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638314004345232700%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=XhVnYGDaywDhpeiwJTbQKerfRkIf7te9bvLR0CVo9LA%3D&reserved=0)

Please [contact us.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.steps2wellbeing.co.uk%2Fcontact_us%2F&data=05%7C01%7Cfreya.kennedy%40nhs.net%7Ccde9c52275874705932008dbbf347b6b%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638314004345232700%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2BPNrMcTEUtiweBhttHySylgGV6fSubtfSfYkYOgchd4%3D&reserved=0) for more information or if you have a query

Steps2Wellbeing