

Coping with diabetes

It's not always easy living with diabetes. You won't always feel like yourself and it can be frustrating and exhausting.

Keeping on top of your medication, regular testing, and always thinking about what you eat and drink can be really tough. Some people worry about possible longer-term complications. We know it can be lonely at times and can affect your quality of life and confidence.

If you're not feeling on top of things, it's hard to look after yourself. That's why help is at hand.

Talk Changes for Health

Talk Changes for Health is a free, confidential NHS service for people in City and Hackney. Its specialist team helps people find new ways to manage their diabetes, to feel in control and live life to the full.

It involves talking with a trained professional to help you work out how to deal with negative thoughts and feelings and make long-lasting positive changes. But they're not only for emotional health issues. Talking therapies can also help people with a long-term physical health problem to stay motivated, stick to treatment plans and enjoy a better quality of life.

Most people find that there is some aspect of managing their diabetes that can be improved. Even if it's only a small change, it's worth it.

Talking about diabetes and how it's making you feel isn't always easy. It can be hard to get started, or to find someone you can open up to. Maybe you don't feel like you need to talk or you don't want to burden anyone. But offloading what you're feeling can have many benefits, both for you and for those close to you.

You can find out more at www.talkchangesforhealth.org.uk, and fill in a simple online registration form. Alternatively, call 020 7683 4278, quoting reference 'LTC' so they can direct you to the right team.