

WHAT TO EXPECT

You have been referred by your diabetes specialist for support regarding your emotional and mental health and your diagnosis of diabetes.

Engaging in therapy is about talking to a specially trained professional to explore some of the issues affecting you.

This process will help you look at some of your problem areas, set goals for therapy and form a joint treatment plan to address these. This can help improve your mental and emotional health and manage your diabetes better.

Before you start therapy you need to check that you can make a commitment to regular appointments. These usually start with weekly to fortnightly appointments.

Your therapist will book a block of appointments with you at beginning of therapy.

You need to decide whether you are ready to make some changes and able to try out new approaches to looking at your wellness.

WHAT ELSE SHOULD I KNOW?

The Diabetes Mental Health Clinic is located in your usual Diabetes Outpatient Department.
You may initially be asked to attend for weekly appointments.

Occasionally you may be referred on to another service for follow up. This could be your local Community Mental Health Team or Clinical Psychology

If you no longer require this service please contact the Department of Psychological Medicine on 0131 242 1398. Mon-Fri 09.00-17.00.

This will ensure that someone else will be offered an appointment for this high demand service.

Diabetes Mental Health

PSYCHOLOGICAL THERAPIES



DIABETES OUTPATIENTS DEPARTMENT

NHS Lothian



OPD2
51 Little France Drive
Edinburgh EH16 4SA
Tel: 0131 242 1000

Metabolic Clinic
Ground Floor Anne Ferguson Building
Western General Hospital
Crewe Road south
Craigleith
Edinburgh EH4 2XU
Tel: 0131 537 1745

Keeping your Appointment

Your appointments will be arranged in a block at your initial assessment. If you are unable to attend, we cannot rearrange. You just need to attend the next scheduled appointment. This helps to keep waiting times to a minimum.

Public Transport and Travel Information

Bus details available from:
Lothian Buses on 0131 555 6363
www.lothianbuses.co.uk

Traveline Scotland on 08712002233 or
www.travelinescotland.com
Train details available from:
National Rail Enquiries on 03457 484 950
or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech Impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

Interpretation and Translation

Please inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.

Useful websites

www.moodjuice.com

Useful Telephone Helpline

Breathing space: 0800 83 85 87
Samaritans: 116 123

Apps (not endorsed by NHS Lothian).

Headspace
Mindshift
Calm