

Clinical Health Psychology Service for children and young people with diabetes

Patient information leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زیان دیگر با در قالب دسترسی‌باز نیاز دارید،
لطفاً با یک از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式, 请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Southport Hospital
Town Lane, Kew, Southport,
Merseyside, PR8 6PN,
Telephone: 01704 547 471

Ormskirk Hospital
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www.MerseyWestLancs.nhs.uk

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Tell me about the service

The psychology service is made up of the consultant clinical health psychologist and the trainee health psychologist who work as part of the Mersey West Lancashire diabetes team.

The service helps children, young people and families cope with some of the difficulties that can occur from having diabetes.

The service is available to all children and young people aged 0-18 where diabetes is impacting on emotional wellbeing.

Contacts and links you might find helpful

Diabetes helpline

The Diabetes UK helpline is open 9am to 6pm, Monday to Friday, on 0345 123 2399 if you need to talk to someone who can help with diabetes problems. You can also email them on: helpline@diabetes.org.uk or visit their website at: https://www.diabetes.org.uk/how_we_help/helpline



Diabetes UK

Loads of info, videos etc on living with diabetes, including problem pages where you can see what helped others - for children, teens and parents. <https://www.diabetes.org.uk/professionals/resources/shared-practice/children-and-young-people>



Health talk online

Young people share their personal stories on film about all sorts of diabetes issues, from symptoms and doing injections, to lifestyles and friends and relationships.

<https://healthtalk.org/experiences/type-1-diabetes/symptoms-type-1-diabetes/>

<https://healthtalk.org/experiences/type-1-diabetes/managing-diabetes-as-teenager/>



Mindfulness for young people

Mindfulness is a kind of practical relaxation technique that can help some people cope better with long term physical health problems.

www.mindfulnessforteens.com



What else do I need to know?

You can leave a message via one of the diabetes team on:

01695 656 766 or 01695 656 867.

As they only work 1 day per week with the team, they might not get back to you straight away. They understand that sometimes people need to rearrange appointments due to illness or other issues and are very grateful when people ring to let them know, so they can work with as many people as possible.

If you need any further please contact the team:

Paediatric diabetes office: 01695 656 867.

Diabetes team

Paediatric diabetes specialist nurse:

- 07831 412 011.
- 07917 658 725.
- 07876 838 200.

Diabetes educator and patient advocate

- 07795 688 312.

Specialist diabetes dietician

- 01695 656 867.

What does the psychology service do?

They work with children, young people and their families – and with the teams around them. They use talking and sometimes drawing to help understand how children and young people think, feel and behave.

They will listen to your concerns and try to find a helpful way forward. Children, young people and their families can talk to them about what they feel is important. Psychologists are different from doctors and psychiatrists as they do not prescribe medication.

Physical and emotional wellbeing are closely linked. We know that young people living with diabetes and their families can often feel worried, sad, angry or frightened about managing their condition. This is actually quite normal.

Going to see psychology does not mean that there is something 'wrong' with you. Most of the problems that psychology services help with are things that everyone struggles with at some point in their life.

Talking to psychology can help you to understand what is going on, and help you find new ways of coping. It is a chance to be listened to and think in depth about living the best life possible despite diabetes being around. You get to set the agenda. You might also explore the strengths that are helping you to live well in some ways already, and what might help in future.

How can I access the service?

The consultant and trainee psychologist will aim to see all children and young people within the service at their annual review clinic.

A child/young person/family can also be referred to psychology for further support, by any member of their diabetes team.

Please do not hesitate to chat with your diabetes nurse, dietitian or doctor if you think this would be a helpful service for you. The appointments tend to take place at Ormskirk Hospital.

Of course, many people will already be doing lots to live well with diabetes without psychology input. It might be helpful to also know that our whole diabetes team is working on taking a psychologically informed approach to our work with people.

This may involve:

- Arranging another appointment to work with the family, just the child or just the child's carers.
- Arranging for the child to see someone else who will be able to help.
- Deciding that you do not need to come again – a one off session was all that was needed.

What happens during the appointment?

An appointment usually lasts around 45 minutes, and the staff will talk with you about what is important to you and try to help you find ways to achieve the changes you want to make.

People can attend on their own, or they may like to bring someone to the appointment. We can do whatever works best. What a child, young person or family says is private (confidential) unless there are worries about their safety or the safety of others.

It may be useful to share some of the things a child or young person says with their family, school or medical team so that they can help too, but staff will plan with the child/young person what information to share. At the end of the session, they will plan with you what happens next.