

## meeting you where you are on your journey

Whether you are concerned about developing Diabetes, have recently received a diagnosis, or have been managing your Diabetes for a while, you will be aware of the emotional demand that comes in tandem with managing your symptoms.

It is useful to know what resources can help with this, depending upon where you are with your Diabetes journey at this moment.



### informal and independent learning

**New to Type 2 app** (search Apple or Google Play apps store to download)  
see tab, Emotional Health - contains reading, videos/audio and resources.  
Also signposts to local groups providing wellbeing initiatives across Highland

**Diabetes UK** <https://www.diabetes.org.uk/guide-to-diabetes/emotions>  
Practical tips and advice for maintaining wellbeing - as well as a wide range of other topics to read and watch to help you manage Diabetes.



### self-directed online learning

**My T2 Diabetes** <https://mydiabetesmyway.scot.nhs.uk/know-more/my-lifestyle/elearning>  
Courses between 2 - 4 hours (free) covering a range of related topics for preventing, managing and working towards remission of Type 2 Diabetes.

**Silvercloud** <https://wellbeing.silvercloudhealth.com/signup>  
Based on CBT approaches, modules aimed at improving stress, sleep, money worries, body image, and also parenting children with mental health issues.  
Free to users in Scotland, with access code NHS24



## **self-directed online learning (continued)**

### **NHS Inform Mental Health and Wellbeing self-help guides**

<https://www.nhsinform.scot/symptoms-and-self-help/self-help-guides>

Anxiety, grief, pain, depression, anger, sleep, phobias (etc) covered in these interactive and practical self-help guides using Cognitive Behavioural Therapy. Can be downloaded to enable personal action planning, or simply read for useful knowledge and tips.

### **Diabetes UK Learning Zone**

<https://learningzone.diabetes.org.uk>

15-minute webinars as well as video courses lasting between 20 and 40 minutes with interactive elements, quizzes and great resources, on a wide range of topics including Coping with Stress, and getting the physical and emotional benefits of increased exercise.

### **Mindfulness-Based Stress Reduction**

<https://palousemindfulness.com>

Palouse Mindfulness provide this 8-week training course for free, including downloadable resources to support your growing practice.

Please read the introductory page, as this course requires substantial commitment in order to gain the potential benefits of the MBSR programme (which may be more challenging in an online, independent learning format).



## **further more formal support for your mental health**

### **Live It Highland**

...structured education programme, includes workshops on emotional wellbeing (in-person across the Highlands and online)

Enquiries and self-referrals to: [nhsh.communityfoodandhealth@nhs.scot](mailto:nhsh.communityfoodandhealth@nhs.scot)

### **Cognitive Behavioural Therapy for Diabetes**

Individual and small groupwork CBT interventions for common mental health problems, to improve wellbeing and diabetes self-management (requires referral from GP or health professional)

<https://www.nhshighland.scot.nhs.uk/health-and-wellbeing/diabetes/cognitive-behavioural-therapy-for-diabetes>