

Please complete the following questions:

Date: _____		Not a problem	Minor problem	Moderate problem	somewhat serious problem	Serious problem
1.	Feeling scared when you think about living with diabetes	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
2.	Feeling depressed when you think about living with diabetes	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
3.	Worrying about the future and the possibility of serious complications	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
4.	Feeling that diabetes is taking up too much of your mental and physical energy every day	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
5.	Coping with complications of diabetes	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
6.	Do you feel at risk from yourself or other people, or do you feel you are a risk to other people?	Yes <input type="checkbox"/> No <input type="checkbox"/>				

Please describe the problem you would like help with:

Thank you for taking the time to complete this form.

Please return the completed form to the following freepost address:

Freepost RTHX-EYET-SERK
 Health in Mind
 Elm Ridge, Lexden Hospital
 London Road
 Colchester, CO3 4DB



Wellbeing and Diabetes

Do you...

- struggle to manage your condition
- lack energy
- feel unable to cope
- struggle with daily routine
- worry
- feel stressed
- lack motivation

The Health in Mind team can help you work out how to feel better...

A free self management course for people with diabetes

In partnership with:



Who are we?

Health in Mind provide therapies and practical support for people experiencing anxiety, depression and other difficulties. Health in Mind is part of the national initiative called Improving Access to Psychological Therapies (IAPT).

What is the 'Wellbeing and Diabetes' course?

The course will provide the opportunity for people living with diabetes to develop their knowledge, tools and skills. The aim is to help attendees manage physical and/or psychological wellbeing more effectively and to make positive changes.

Does it cost anything?

The course is completely FREE for patients registered with a NE Essex GP surgery.

What will I gain by coming to the 'Wellbeing and Diabetes' course?

By attending the course you could learn how to:

- Look after yourself and improve your emotional wellbeing
- Boost your physical wellbeing and enhance your quality of life
- Feel more able to make decisions in partnership with clinicians
- Gain confidence about planning ahead
- Meet others and share experiences about living with diabetes

Next step

Complete the attached self-referral form

Or visit our website: www.northessexiapt.nhs.uk

Or call 0300 330 5455



Follow us on twitter:
@northessexiapt



Like us on facebook:
www.facebook.com/IAPTNorthEssex

Self-Referral Form

We accept referrals from adults registered with a North East Essex GP. Please complete and return all of the following pages to help us process your referral.

First, we would like to know a little bit about you...

Personal Information			
First Name:		Gender:	Male <input type="checkbox"/> Female <input type="checkbox"/>
Surname:		Title:	
Date of Birth (dd/mm/yyyy):			
Address:			
Postcode:		NHS N°:	
Landline number:			
Can voicemail messages be left on your landline?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Mobile number:			
Can voicemail messages be left on your mobile?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you happy for texts to be sent?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Email address:			
Can we email you?		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Your GP			
Your GP's name:			
Name and address of your surgery:			
Can we make your GP aware of your self-referral?		Yes <input type="checkbox"/>	No <input type="checkbox"/>

