



# Are you struggling to cope living with Diabetes?

Having Diabetes can affect your whole life, which can feel overwhelming, and have a real impact on your mood and emotions.

NHS Talking Therapies are working alongside professionals to provide better support to patients living with Diabetes.

**Vita Health Group are here to help.  
Contact them today for FREE  
confidential support.**

 [Vitahealthgroup.co.uk](https://vitahealthgroup.co.uk)

 0330 094 5595

 Text 'YOU' to 88802

**Scan to  
self refer**



Services provided by

## Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

Our programmes are based on Cognitive Behavioural Therapy (CBT) which uses strategies to help reduce symptoms of depression and anxiety, improve quality of life, and improve your Diabetes self-management.



### Silver Cloud for Diabetes

Online interactive CBT programme. which introduces strategies intended to help you manage anxiety and low mood in relation to diabetes, in the comfort of your home at a time that suits you. Includes videos, quizzes, activities, and personal stories related to Diabetes.



### Living well with Diabetes Webinar

The online course is delivered live once a week for 8 weeks and provides a toolkit looking at the psychological and emotional impact of living with Diabetes. As part of the programme, you will be introduced to strategies intended to help you manage anxiety and low mood.



### 1:1 Support

This approach can be offered face to face at a clinic near you, via secure video or over the phone. A therapist will assess your current needs and your individual goals for therapy and guide you through self-help strategies for managing symptoms of depression and anxiety.

## Our Easy 3 step approach

1

Self-refer on our website, by scanning the QR code on this leaflet or give us a call

2

You will then be assessed by a friendly clinician

3

A qualified therapist will then support you through to discuss your treatment options

Scan to self refer

