

Emotional and physical wellbeing information for adults with diabetes

You can self-refer to some of these services without needing to see your GP or a healthcare professional.

Beat Eating Disorders

A charity dedicated to helping people with anorexia nervosa, bulimia, binge eating disorder, avoidant/restrictive food intake disorders, and other specified eating disorders.

- Website www.beateatingdisorders.org.uk
- Telephone 0800 801 0677
- Open 365 days a year. 1pm-9pm weekdays, and 5pm-9pm weekends and bank holidays.
- Email - help@eatingdisorders.org.uk
- 1:1 webchat

Cruse Bereavement Support

Tailored advice and support. Free helpline 0808 808 1677 or sign up to receive regular email support.

Hertfordshire Health Improvement Service – Stop Smoking

Provides a free, friendly, specialist advice service about quitting smoking. This service has a range of support options across Hertfordshire.

- Telephone 0800 389 3998
- Email - Healthimprovementservice@hertfordshire.gov.uk

Herts Mind Network

Provides peer support, community support, domestic abuse services, complex needs services, dementia, carers support, plus a range of online services and wellbeing courses.

- Telephone 0203 727 3600
- Email - info@hertfordshiremind.org

IAPT Wellbeing

Provides access to psychological talking therapy services for adults with common mental health problems. This service is part of the national NHS talking therapies for anxiety and depression programme.

- Telephone 0800 6444 101
- Email - hpft.spa@nhs.net

Spectrum and Drug and Alcohol Recovery Services

Provides help with challenges including drugs, alcohol and physical wellbeing. Services are free and confidential. Their aim is to make positive changes in your life.

- Telephone 0800 652 3169 - Mon 9am-5pm, Tues-Fri 9am-7pm, Sat 9am-5pm
- Online referral form - changegrowlive.org

Tier 2 Weight Management/Slimming World

Oviva, in partnership with Slimming World, is now providing Hertfordshire's new adult weight management service and is a free 12-week programme. Eligibility criteria applies - refer to your local area for guidance.

- Email - ovivauk.t2wm@nhs.net

For information and support

Citizens Advice

Free confidential advice, online, over the phone or in person. Independent and totally impartial advice given for any problem you may be experiencing.

- Free advice line 0800 144 8848 - weekdays 9am-8pm and Saturday 10am-4pm.
- Chat online - www.citizensadvice.org.uk/ - weekdays 9am-5pm
- Email advice - complete online contact form

Healthy Hubs Hertfordshire

Visit your local health hub for a free one-stop shop for health and wellbeing information, advice and support. Or access on-line services healthyhubs-org.uk

Carers in Herts

Support and information for unpaid family and friends who look after someone.

- Telephone 01992 586969
- Email - contact@carersinherts.org.uk
- Register online at www.carersinherts.org.uk

Self-help support apps

Headspace (limited free resource)

Meditation and mindfulness skills. Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness. Helps you create life-changing habits to support your mental health and find a happier, healthier you.

- Email headspace.com

Self-help APP for the MIND (SAM)

Techniques to help with anxiety, depression and loneliness, including games and multimedia for challenging unhelpful thoughts. Shares advice and ratings with the SAM community through Social Cloud.

- Email mindgarden-tech.co.uk

For immediate help

Campaign Against Living Miserably (CALM)

Dedicated to standing against suicide. Offering services and bringing people together to reject living miserably.

- Open 5:00pm – midnight, 365 days a year
- Telephone 0800 585858
- Webchat - thecalmzone.net

Nightlight Crisis Helpline

Emotional support, advice and information if you are experiencing a mental health crisis and would like someone to talk to. Open 7pm-1am, 7 days a week, 365 days a year.

- Telephone 01923 256391

Nightline

University student support - offers a unique listening service, providing emotional support and information to students across the country Nightline.ac.uk

SANEline

Emotional support and connection at the times you need it most. Open 4pm to 10pm, 365 days a year

- Telephone SANEline 0300 304 7000
- Email - support@sane.org.uk
- SANE Textcare - sane.org.uk - Complete the form to participate in text

Shout

Struggling to cope and need to talk - 24/7 free text service for anyone in crisis.

- Text Shout to 85258

For urgent help – 24 hours a day

If someone is at risk of harm, call **999** or visit your nearest Accident and Emergency department.

HPFT Single Point of Access

- Freephone 0800 644 101
- NHS 111 select option 2 for support in a mental health crisis

Samaritans

- Free service 24 hours a day 365 days a year
- Telephone 116 123
- Email - jo@samaritans.org
- Online chat or self-help app www.samaritans.org

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 31433

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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