



Living well with Diabetes



Wiltshire IAPT offers a free Wellbeing Service for people with Type 1 or Type 2 Diabetes. They can support you if you are feeling worried, stressed, frustrated, low or overwhelmed. This might be about diabetes, everyday life, or particularly difficult life events or experiences. They can also support you to learn tools and techniques to help you manage your wellbeing.

The service is available to those registered with a Wiltshire GP and over 16 years old.

If you would like to find out more about how the Wellbeing Service can help you, please contact us, or complete the form below with your contact details. A member of the IAPT team will contact you so that an appointment can be arranged for you to meet a practitioner in a local GP surgery. You will have the opportunity to discuss any difficulties you may be facing and find out how the service can help you.

In the past two weeks have you felt bothered by:

	YES	NO
Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>
Feeling down, depressed or hopeless	<input type="checkbox"/>	<input type="checkbox"/>
Feeling nervous, anxious, or on edge	<input type="checkbox"/>	<input type="checkbox"/>
Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>

In the past month have you felt bothered by:

	YES	NO
Feeling overwhelmed by the demands of living with diabetes	<input type="checkbox"/>	<input type="checkbox"/>
Feeling that I am often failing with my diabetes routine	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered YES to any of the questions above you may benefit from further support regarding your wellbeing. To arrange an appointment to find out more about our service please contact us on **01380 731335**. Alternatively, you can return the form to Wiltshire IAPT using the details below.

Full name: <Patient Name>

Date of birth: <Date of Birth>

Telephone number: <Patient Contact Details>

Address: <Patient Address>

GP surgery: <GP Details>

By filling out and returning this form you are agreeing that we can contact you to arrange an appointment to discuss your wellbeing.

Telephone: 01380 731335

Website: <https://iapt-wilts.awp.nhs.uk/>

Email: awp.wilts-iapt@nhs.net - emails sent to this address are **not** secure unless sent from an nhs.net email address, please telephone us on 01380 731335 to provide your personal details.

Address: Wiltshire IAPT, Lodge 3, Green Lane Hospital, Devizes, SN10 5DS