Calderdale and Huddersfield
NHS Foundation Trust

The Clinical Psychology Service

For Children and Young People with Diabetes

Information Leaflet for Families



What is the clinical psychology service?

The clinical psychology service is to help children, young people, and their families to cope with some of the difficulties that can occur from having diabetes. Our clinical psychologist works with children, young people, and their families in outpatient clinics, hospital, schools and online. They also work with other people in the team so families can get as much support as they need.

Who is the clinical psychology service for?

The service is for children and young people until they are 18 years old who have diabetes and see the paediatric diabetes team at Calderdale and Huddersfield NHS Trust.

Why is there a clinical psychologist in the diabetes team?

We know that physical health and emotions are closely linked and young people living with diabetes and their families often say they feel worried, sad, frightened or angry about managing this condition. Talking to a psychologist can help young people and their families to better understand what might be happening and help them find new ways of coping. Having diabetes means having to pay attention to things that most young people don't need to think about such as:

- Remembering to do blood tests to see what is happening in the body
- Recording information lots of times throughout the day
- Watching food intake and calculating insulin
- Remembering to give insulin
- Managing high and low blood sugars
- Managing exercise and illness

compassionate care

Trying to remember to do all this every day can really get in the way of living a normal life and can feel really overwhelming at times for young people and their families.

How can a clinical psychologist help?

Having diabetes or having a child with diabetes can be more stressful at certain times such as when moving school, growing up or during family changes. Families can sometimes find it too upsetting or difficult to talk to each other about these things for lots of reasons and they may need a little extra support to sort through their feelings. Some of the problems the psychologist can help with are:

- Coping with treatments that cause worry in the young person/family
- Making decisions about different treatments
- Sticking to treatment plans
- Coping with diabetes at school
- Managing strong emotions such as sadness, worry, fear or anger
- Worries about how diabetes might affect life growing up
- Feeling different to other people

What happens in psychology sessions?

First appointments are usually between 1 – 1 ½ hours long. Young people are usually seen with a family member to begin with but can be seen alone if they prefer, if this is appropriate or if they are older. The psychologist will ask about how the young person and their family is coping with the diagnosis, the impact that diabetes is having on their life, and about other things that are going well or not so well in their life. This information will be used to build up a bigger picture of how life is for the young person and what difficulties they are facing. The psychologist will only offer to help if the young person wants it and this will be discussed in the first session. At the end of this session, the psychologist, and the young person and/or their family will plan together what to do next. This might involve:

- Arranging further weekly or fortnightly 50-minute sessions to work with the child/young person or family member
- Arranging for the young person to see someone else who might be able to help
- Decide that they don't need another appointment with the psychologist – one appointment for advice might be enough

Further psychology sessions are 50 minutes long and focus on finding out more about the young person's life. These sessions might involve listening and talking but could also involve drawing or making something or even by playing a game if the young person feels more comfortable with this.

What happens next?

Children, young people, and their immediate family members can speak to any member of the diabetes team during their regular clinic appointments about making a referral to psychology for them. Alternatively, they may choose to make contact with their named nurse in-between clinic appointments or else contact the team office on **01484 356923 Monday to Friday between 8.30 and 4.30pm** to speak to someone or leave a message. Additionally, if one of the diabetes team feels it might be helpful for a young person to speak with the psychologist, they may contact families directly to suggest making a referral.

If you have any comments about this leaflet or the service you have received you can contact :

Children's Diabetes Team

Telephone No: 01484 356923

Monday - Friday between 9am - 5pm

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਬਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"