

When and how a psychologist can support me: a quick guide



Trying to do all that is needed to manage diabetes can be hard.

At times, you may feel anxious, low in mood, or worried. It's okay to acknowledge if you are struggling.



If diabetes is affecting your wellbeing, it's important to know when and how to ask for help.

How do I know if a psychologist is for me?

Talking about feelings can be difficult, but it can also be a relief.

Psychologists are trained to support you with motivation, and the way you think and feel about diabetes.

Over time, support from a psychologist can help you to:

- » feel a sense of relief from sharing your thoughts and feelings
- » develop ways to cope or relax
- » develop new habits and behaviours for managing your diabetes
- » improve your confidence
- » build stronger or better relationships.



Some reasons for consulting a psychologist

- feeling overwhelmed or fed up with managing diabetes (e.g. making dietary changes, monitoring, keeping your glucose levels in range)
- avoiding diabetes self-care
- ongoing low mood or anxiety
- low self-confidence or self-worth
- having problems with your eating
- having problems with your relationships or your sex life
- feeling lonely or isolated, or wanting to pull away from activities you usually enjoy
- going through a major life change or a stressful situation (e.g. parenthood, carer responsibilities, work stress, loss of a loved one)
- living with a mental illness

Finding a psychologist

For a list of psychologists across Australia, go to psychology.org.au/FaP.

You can search based on location, interest (e.g. diabetes) and languages spoken.

To access a Medicare rebate, speak with your GP.

Living with diabetes is easier with the right mindset and support.

Do something you enjoy every day.

Connect with family and friends who can support you.

Talk to your family, friends and doctor about how you feel, and to get help.

Resources

For more tips on managing your emotional health, go to ndss.com.au/resources.

The NDSS and you

A wide range of services and support is available through the NDSS to help you manage your diabetes. This includes information on diabetes management through the NDSS Helpline and website. The products, services and education programs available can help you stay on top of your diabetes.

The original English version of this resource was developed in collaboration with The Australian Centre for Behavioural Research in Diabetes, a partnership for better health between Diabetes Victoria and Deakin University.