

Living Well with Diabetes



Living with diabetes can be hard. If you also feel stressed or down, looking after yourself and sticking to a healthy lifestyle can be even more difficult.

Sounds familiar? We can help.

Refer yourself online at www.mertonuplift.nhs.uk to arrange to speak with a specialist clinician. We offer a range of courses and talking therapies to help you manage.

Remember to tell us on your referral form that you are living with diabetes.

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If you score 3 or more on our wellbeing quick quiz, you might benefit from accessing support from us.

Refer yourself online at www.mertonuplift.nhs.uk

Over the last 2 weeks, how often have you been bothered by the following problems?

(Use “✓” to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Little interest or pleasure in doing things	0	1	2	3
4. Feeling down, depressed, or hopeless	0	1	2	3