

Education Sessions:

A few weeks after your diagnosis you will be invited to attend group education sessions. The 'Coping with Diabetes' session is delivered by one of our clinical psychologists and focusses strategies for managing some of the challenges that can come from living with diabetes.

Clinical Health Psychology Group Workshops:



Tree of Life

This is an art-based workshop focussed on building self-esteem and problem-solving skills as well as giving young people the opportunity to meet and gain support from other young people living with a variety of chronic health conditions.

Parenting Group

Parents are able to meet with other parents to explore the impact and challenges of parenting a child with a chronic health condition, and share ideas about self-care and emotional support for their child.

Anxiety Group

With the help of fun activities, young people can meet learn about anxiety and have the opportunity to talk about their experiences and emotions.

Activity Days

We run various fun activity days that young people and families can attend.

We hope you find the information in this leaflet helpful. Please feel free to ask a diabetes team member or self-refer to access any of the support mentioned.

Further Information

You may also find the following websites helpful for information and support:

JDRF –

<https://jdrf.org.uk/>



DIABETES UK –

<https://www.diabetes.org.uk/>

How to contact us:

Dr Lyndsey Carlson



Clinical Health Psychology

Tel: 0151 252 5586 / 5879

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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Review Date: May 2025

PIAG: 261

NHS

Alder Hey Children's
NHS Foundation Trust

Clinical Health Psychology Service (Diabetes)



**Information for Children and
Families**

Introduction and Diagnosis

You have just been told you have diabetes and we understand that this can be a difficult time. Our diabetes team aim to support you through these early days, both in hospital and once you are home. Support is also available to help you continue to live a full and fun life whilst caring for diabetes.

Early days

When you first hear about your diabetes diagnosis it is normal to feel **shocked** and **worried**. You may also experience a range of other emotions such as **anger** and **sadness**.



There can be a lot of new information that comes with a diagnosis of diabetes. You might feel **overwhelmed** with how much there is to think about and learn. It is important to remember that no-one expects you know everything straight away or get things perfect all the time. You can ask for help and support from the diabetes team at any time.

Over the coming weeks and months

As you gradually get back into old routines (e.g. school) and get used to some new ones (e.g. checking blood glucose levels) you and your family will hopefully start to feel more confident. Everyone copes differently as they learn to adapt to life with diabetes. It can help to know that diabetes won't change who you are and you can still achieve your dreams for the future. It is

common for people living with any chronic condition to experience some stress and frustrations from time to time, and all members of the diabetes team are there to support you.

How can a clinical psychologist help?

Psychological support for children and their families is an important part of the care provided to all children and families.

Clinical Psychologists are trained to help people make sense of how they feel, think and behave; we use this knowledge to help children and families cope with the demands of caring for diabetes.

We often see families together, but it is usual for us to offer some separate time for young people and parents. We also join with members of the diabetes team (e.g. in clinic) to help provide the best care for you and your diabetes. We might also see young people via video, telephone or face-to-face as an inpatient (e.g. at diagnosis or admitted in DKA)

We can offer help with the following issues:


- Worry
- Low mood
- Anger
- Eating difficulties
- Self esteem
- Managing behaviour
- Feeling fed up with diabetes
- Difficulties with aspects of diabetes treatment and care



Confidentiality

All information that you share with us is confidential, unless there is a risk of harm. It often helps if we can share some information with other professionals involved to help us provide the best care, but you will be asked for your consent before we do this.

And finally...



Blood glucose ranges can be really helpful but remember there is no such thing as a 'bad' blood glucose level... Every blood glucose check is a 'good' one as it gives you important information that helps you care for diabetes!

You may have heard a lot about the difficulties and challenges that will come as a result of having diabetes. However, we would also like to take this opportunity to let you know that diabetes can also be a leading cause of strength, confidence and pride!