

Support

Contact numbers for advice and support:

We understand that answering some of these questions may highlight mental health difficulties relating to your diabetes. Emotions and concerns can sometimes feel overwhelming. Very often, talking to family members or friends is enough to help us cope, but sometimes we need additional support. If you are concerned about your mood here are some useful contact numbers:

Urgent Support

- Call Lifeline on **0808 808 8000**. Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence. Deaf and hard of hearing Textphone users can call Lifeline on 18001 0808 808 8000
- Call Samaritans on **116 123**. Trained volunteers are available 24 hours a day, 365 days a year to listen, talk things through and help people find a way through their problems. Email and text facility available
- Dalriada Urgent Care out of hours service **028 2566 3500**
- Contact your own GP who can arrange to see you and refer you for further support

General Support

- Your specialist nurse or any other healthcare professional can also arrange help and support

For information about mental health support please consult our webpage:

<http://www.northerntrust.hscni.net/services/2324.htm>

Here you can access a range of support services including local charities and mental health agencies. There is also a range of self-help materials available for download.

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