

Wellbeing and Diabetes

Do you...

feel unable to cope

lack energy

struggle with daily routine

struggle to manage your condition

feel stressed

lack motivation

worry

The Health in Mind team can help you work out how to feel better...

A free self management course for people with diabetes

You need to complete a referral to Health in Mind before the course starts.

To refer yourself, please telephone 0300 330 5455 or complete a referral form:

- Online at: www.northessexiapt.nhs.uk
- With your GP or other health professional



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