

## How it works

The diabetes service offers optional support via telephone to talk about your child's diagnosis and offer support.

This is part of the newly diagnosed pathway of care within the Paediatric Diabetes Service.

Our psychologist will contact you via telephone to introduce herself. She will also ask if this support would be helpful and if so will arrange a time to suit you best.

As this is a new pilot, we are keen to gather your feedback on its usefulness. Therefore, following your contact with the psychology service, your diabetes nurse will text you a short survey to complete via a QR code.

We are thankful for your responses to help shape and improve the support we offer to newly diagnosed families going forwards.

## Contact us

Paediatric Psychology Team:

01803 654573

Hengrave House,

Torbay Hospital,

Torquay,

TQ2 7AA

## PATIENT INFORMATION

# Type 1 Diabetes

**Telephone Support for the  
Parents of Newly Diagnosed  
Children and Young People  
with Type 1 Diabetes**

**Psychology input for young  
people and their family**



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Working with you, for you

## Worries or difficulties a child/parent with T1 Diabetes may face



## Possible coping strategies

- Discuss the impact as a family
- Seek support/ contacting the team when you need to
- Focus on the progress made since diagnosis
- Ask general questions before asking about diabetes
- Not avoiding the activities, they and you still enjoy
- Normalising the process
- Ensure the school have a good understanding of the diagnosis

## What we offer

### The role of psychology

Psychological support can be a helpful way to talk about the impact that diabetes is having on your child and the family. We understand that diabetes can feel relentless at times.

### Telephone support

We know that the diagnosis of diabetes can be an emotionally difficult time for the young person and the family. We will be offering telephone input to parents whose child has been diagnosed in the past 6 to 12 months.