

# Improving Psychological Support and Transition into Adult Services for Diabetic Teenagers – Study



**NHS**  
Somerset



# Summary

NHS Somerset are excited to announce that they have won £39,917 to deliver a project which is looking at improving psychological support for teenagers with diabetes 🙌🙌🙌🙌🙌🙌. The two key areas we will be focusing on are mental health and emotional wellbeing support and supporting teenagers with diabetes as they transition into adult services.

## What's the problem?

**We understand that diabetes is a serious condition and can really affect the lives of the people who have it:**

- Young people with diabetes are more likely to have anxiety and depression
- Difficult to manage diabetes can lead to short and long-term effects like vision problems, heart disease, nerve damage and amputation

We know that it can be difficult for young people with diabetes to access psychological support, and young people can't always access the right support at the right time.

In the NHS, we see that young people are only getting the help they need when they are really struggling to live with diabetes. We also see attendance dropping when we are moving young people from children's services into adult services.

**In Somerset, we need to make sure young people with diabetes:**

- Can access mental health and emotional wellbeing support early
- Have access to the right information, and are motivated to self-manage their diabetes in a way that is safe and appropriate for them
- Are supported to move into adult services... so that they can live their lives to the full.



# What are we trying to do about it?

Musgrove Park and Yeovil Hospitals are teaming up with Tellmi. Tellmi is a safe, anonymous age-banded app where young people can talk about absolutely anything. From anxiety to autism, dating to depression, sharing experiences with other young people helps everyone to feel better. Everything is checked, by moderators and in-house counsellors are always on hand if young people need some extra help.

*“Getting anonymous help from Tellmi has honestly been so helpful. I’ve always been afraid to open up to people around me such as friends and even family. However this app eases the pressure since there’s always at least one other person going through what you’re going through and there’s never any judgement. There’s a strong sense of community and it’s so nice to know I’m not alone and there’s always someone here to listen. I don’t know what I’d do without the Tellmi app.”*

– Tellmi user aged 15

Our project will be starting in October 2023 and will deliver pre-moderated, anonymous, age-banded, peer support, diabetes support and education to young people aged 11-25 with a diabetes diagnosis in Somerset via the Tellmi app. Within the app, there will be a directory that will include education around managing the condition and personal stories. We’ll be asking young people with diabetes to tell us about their experiences and we’ll also be creating a podcast where we talk to a young person and find out what it’s like to live with diabetes – if you are interested in taking part do let us know!

We want to encourage as many young people as possible to download the app. It’s a safe place where you can talk about anything that’s bothering you and any young person aged 11-25 living in Somerset can use it, so spread the word and tell your friends!

Tellmi is available from the app store or Google Play or you can scan the QR code. Learn more about Tellmi [Here](#) and [Here](#). Listen to previous episodes of the ‘Tellmi About It’ podcast [Here](#).

**For more information about the study, contact:**

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