

Where To Seek Support?

Do not be afraid to seek support

**Diabetes can
add extra
stress to life.**



**When we are
overwhelmed,
everything can
feel more
challenging.**

Ups and downs are normal. Seeking practical and emotional support from friends, family and professionals can help the downs feel more manageable.



Where to seek support

Your GP

School or College
(Pastoral support or school counselor)

Healthcare team

Youth worker

Family member

Childline: 0800 11 11 (Under 18's)

The Mix: 0808 808 4994 (13-25's)

The Beat: 0808 801 0711
(Youth hotline for eating disorders)

www.nspcc.org

www.youngminds.org.uk

www.ypfacit.co.uk