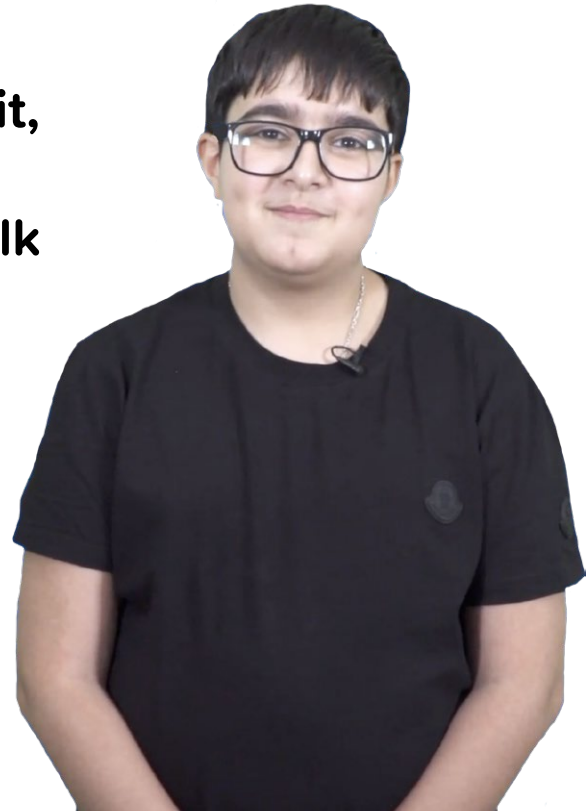


Emotional Wellbeing

Sometimes you might feel fed up with diabetes and sometimes worry about it, but that's okay. It's normal to feel like this sometimes and you can always talk to people on how you are feeling.

If I'm feeling fed up, I can talk to:

- **Parents or other family members.**
- **A teacher or school counsellor.**
- **Diabetes nurse or doctor.**
- **Diabetes Psychologist.**



I can be asked when I've got my annual review if I need extra support. And if I do, I'll be offered the chance to speak with a clinical psychologist.