

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 about how you're feeling, if you need more emotional support.

I'll be asked at least once a year about my emotional well-being and if I need extra support.



There are lots of people I can talk to:

- **My Mum or Dad**
- **A Teacher**
- **My Diabetes Team**
- **Diabetes Nurse**
- **Diabetes Psychologist**