



Goals of Diabetes



Emotional Wellbeing

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

- **Parents or other family members.**
- **A teacher or school counsellor.**
- **My diabetes team.**
- **Diabetes Psychologist.**



And at least once a year I'll be asked about my emotional well-being and if I need extra support. If I do, I'll be offered the chance to speak with a clinical psychologist who is attached to the diabetes team.

Your diabetes team can also support you if you're having conflict in your personal life. You can also ask for help from your parents if you're feeling overwhelmed.

It's important to get support when you need it, because it can also have an impact on diabetes management.