

# DigiBete Coping with Diabetes Psychology Tool

**A new wellbeing support tool in the DigiBete app for young people living with Type 1 diabetes**

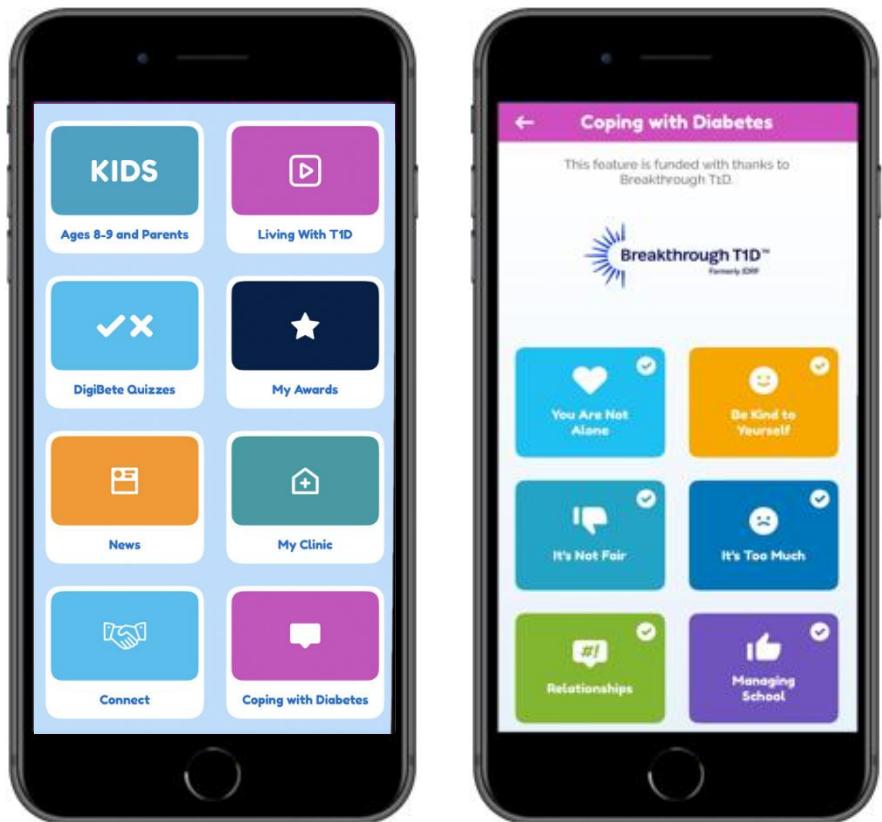
DigiBete in collaboration with Breakthrough T1D has created *Coping with Diabetes*, a new tool to help young people with Type 1 diabetes look after their mental health and wellbeing.

**The *Coping with Diabetes* tool is available in the DigiBete App.** For more information scan the QR Code.



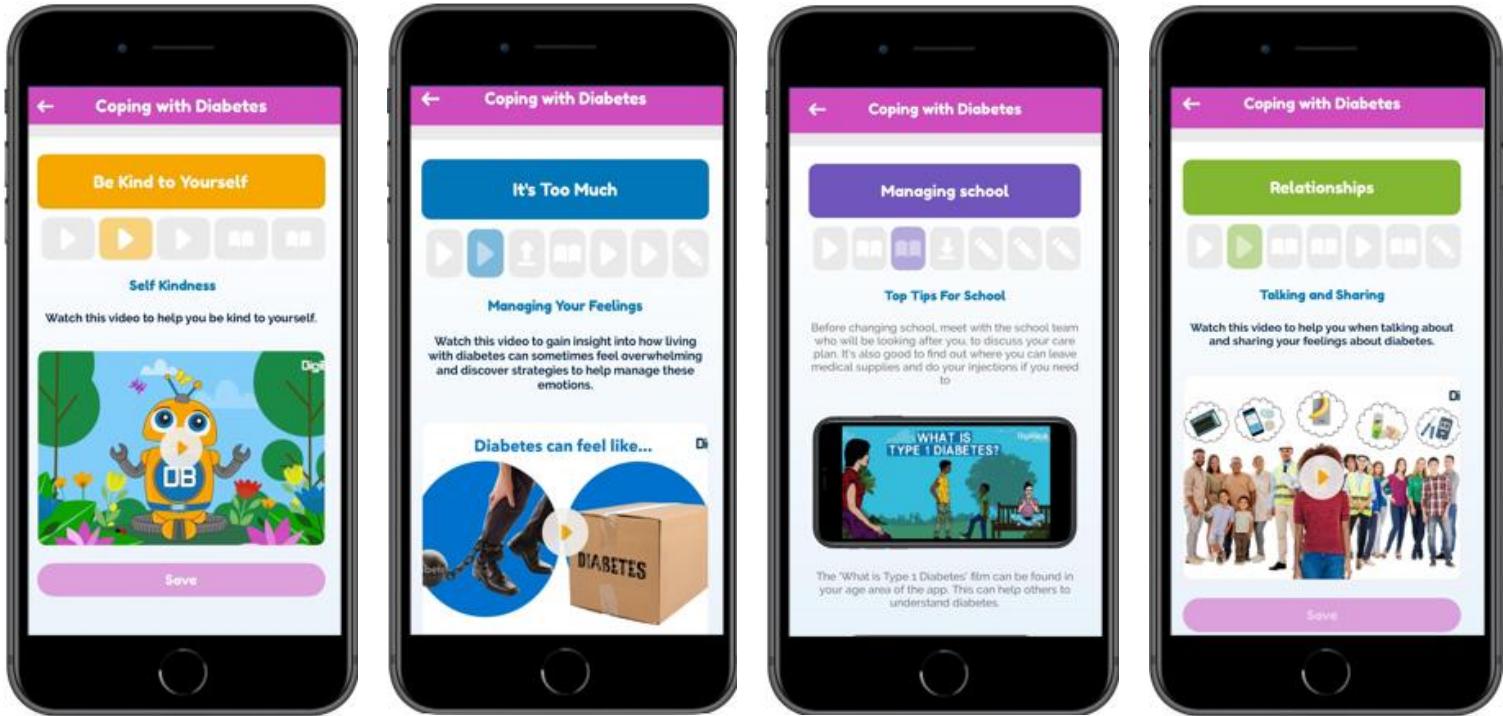
The Coping with Diabetes Tool can be used as an early intervention psychology tool. It has been developed by young people with Type 1 diabetes and clinical psychologists from all around the UK.

**Coping with Diabetes tool available for all ages**



## Psychology Resources

The *Coping with Diabetes* tool uses real-life stories, animations and activities to help prevent and reduce diabetes distress and burnout for young people.



## What do young people like about the Coping with Diabetes tool?



*"I like the peer support videos, I feel like hearing and seeing other young people will genuinely help young people to feel less lonely, as well as taking advice from there."*

***Young person living with Type 1 diabetes***