



# Goals of Diabetes



## 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**