



Goals of Diabetes



Emotional Wellbeing

You should have regular opportunities to discuss your thoughts and feelings, including any worries about your diabetes.

At least once a year, you will be asked questions about your emotional well-being to check whether you need any extra support.

Talk to the clinical psychologist or the youth workers that are attached to the team if you need emotional support or help with managing the impact of diabetes on your life.

You should also ask for support from your diabetes team if any aspects of your diabetes care are causing major conflict at home or with friends.

You should ask for help from your family or your diabetes team if you feel any aspect of your care is getting overwhelming. Other mental health problems can have an impact on diabetes management.

