



# Goals of Diabetes



## Emotional Wellbeing

**You should have regular opportunities to discuss your thoughts and feelings, including any worries about your diabetes and how it may be affecting you mentally.**

**At least once a year you'll be asked questions about your emotional well-being, and this is to check whether you need extra support.**

**You can talk to the clinical psychologist or youth worker attached to your team, if you need emotional support or help with managing the impact of diabetes on your life.**

**You should ask for support from your diabetes team if any aspect of your diabetes care is causing conflict at home or with friends.**

**You should ask for help from your parents or carers or diabetes team if you feel that your diabetes is getting overwhelming.**

**Emotional well-being can have an impact on diabetes management and it's important to talk about any challenges you may be facing. There are health services available that you can access if you need them, such as your GP, calling one 111 or services like the Samaritans.**

