

# 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**

**KIDS**  
Ages 6-7 and Parents

**TEENS**  
Ages 12-13 and Parents

**KIDS**  
Ages 8-9 and Parents

**TEENS**  
Ages 14-15 and Parents

**KIDS**  
Ages 10-11 and Parents

**16 - 18**  
Ages 16-18

**ADULTS**  
Ages 19-25

**KIDS**  
Ages 8-9 and Parents

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Coping with Diabetes

← Coping with Diabetes

This feature is funded with thanks to Breakthrough T1D.

You Are Not Alone

Be Kind to Yourself

It's Not Fair

It's Too Much

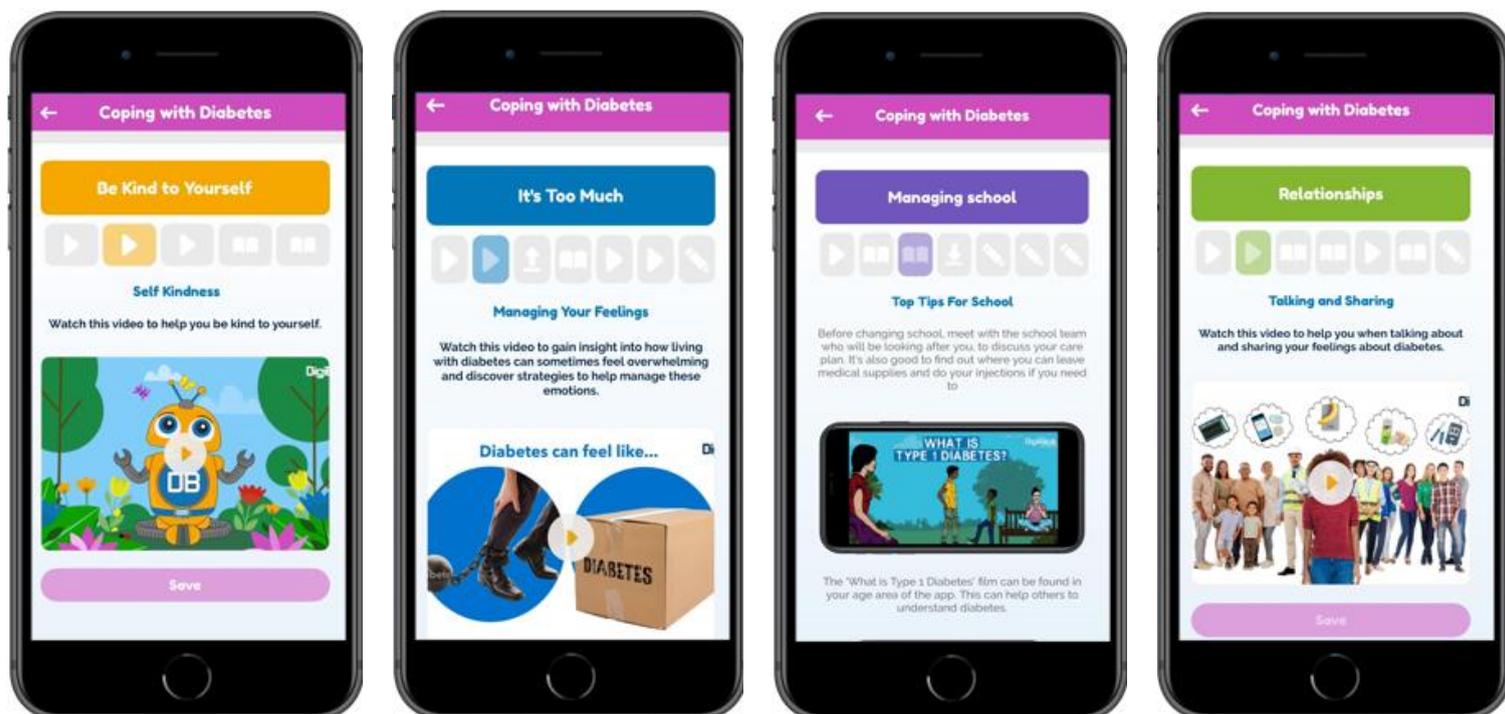
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[www.digibete.org](http://www.digibete.org)

## 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**

Resource last reviewed November 2025