

USEFUL LINKS . . .

IF YOU NEED FURTHER INFORMATION TO HELP YOU AND YOUR DIABETES MANAGEMENT THEN HERE ARE SOME LINKS YOU MIGHT FIND HELPFUL:

NEWLY DIAGNOSED

IF YOU'VE JUST BEEN DIAGNOSED OR KNOW SOMEONE WHO HAS, HERE ARE SOME GREAT RESOURCES FOR YOUNG PEOPLE AND ADULTS:

[NHS — GUIDE TO TYPE 1 DIABETES](#)

[JDRF — NEWLY DIAGNOSED & DISCOVERY DAYS](#)

[DIABETES UK — NEWLY DIAGNOSED](#)

EMOTIONAL WELLBEING

LIVING WITH TYPE 1 DIABETES CAN BE CHALLENGING AND IT'S OKAY TO NOT FEEL OKAY. HERE ARE A SELECTION OF RESOURCES FOR YOU TO LOOK THROUGH AS AND WHEN YOU NEED THEM:

[JDRF — HEALTH & WELLBEING](#)

[BEYOND TYPE 1 — MENTAL HEALTH](#)

[YOUNGMINDS — FIGHTING FOR YOUNG PEOPLE'S MENTAL HEALTH](#)

[MIND — SUPPORT TO EMPOWER ANYONE EXPERIENCING A MENTAL HEALTH PROBLEM](#)

SEX & RELATIONSHIPS

SOME PEOPLE MAY BE CONCERNED ABOUT HOW TYPE 1 DIABETES MIGHT GET IN THE WAY OF RELATIONSHIPS, DATING & SEX, AND THIS IS COMPLETELY NORMAL AND THE FOLLOWING RESOURCES MAY HELP:

[NHS — GUIDE TO SEXUAL HEALTH](#)

[DIABETES UK — SEX, DATING & RELATIONSHIPS](#)

[FPA — RELATIONSHIPS & SEX EDUCATION](#)

EATING DISORDERS

EATING DISORDERS ARE COMPLEX MENTAL ILLNESSES, ARE WIDELY MISUNDERSTOOD AND CAN AFFECT PEOPLE FROM ALL BACKGROUNDS. THE LINKS BELOW MAY BE HELPFUL IF YOU NEED FOR MORE INFO :

[D.W.E.D. – DIABETICS WITH EATING DISORDERS](#)

[BEAT – EATING DISORDERS](#)

[DIABETES UK – EATING DISORDERS & DIABETES](#)

DRINKING

YOU DON'T NEED TO STOP DRINKING, BUT IT'S BEST TO AVOID DRINKING LARGE AMOUNTS OF ALCOHOL. HERE ARE SOME LINKS TO HELP YOU UNDERSTAND MORE AND MANAGE YOUR DIABETES AND DRINKING :

[JDRF – DRINKING WITH TYPE 1 DIABETES](#)

[BERTIE – TYPE 1 DIABETES EDUCATION PROGRAMME \(SIGN UP NEEDED\)](#)

[DIABETES UK – TYPE 1 DIABETES & DRINKING](#)