

DigiBete Coping with Diabetes Psychology Tool

A new wellbeing support tool in the DigiBete app for young people living with Type 1 diabetes

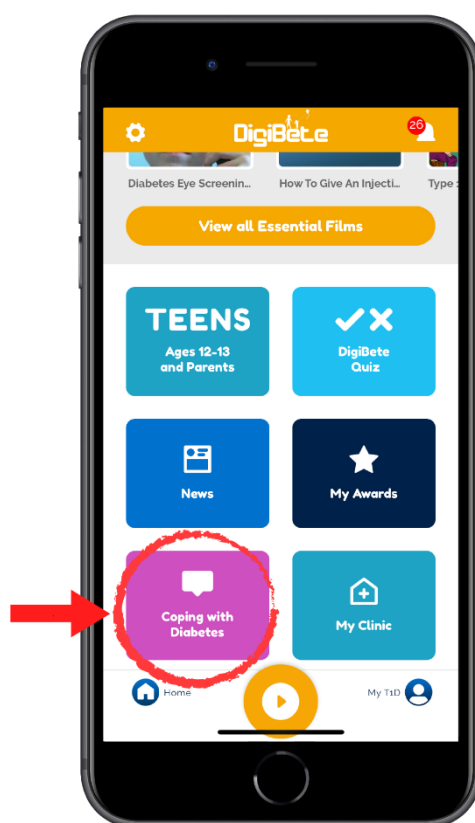
DigiBete in collaboration with Breakthrough T1D has created *Coping with Diabetes*, a new tool to help young people with Type 1 diabetes look after their mental health and wellbeing.

The *Coping with Diabetes* tool is available in the DigiBete App. For more information scan the QR Code.



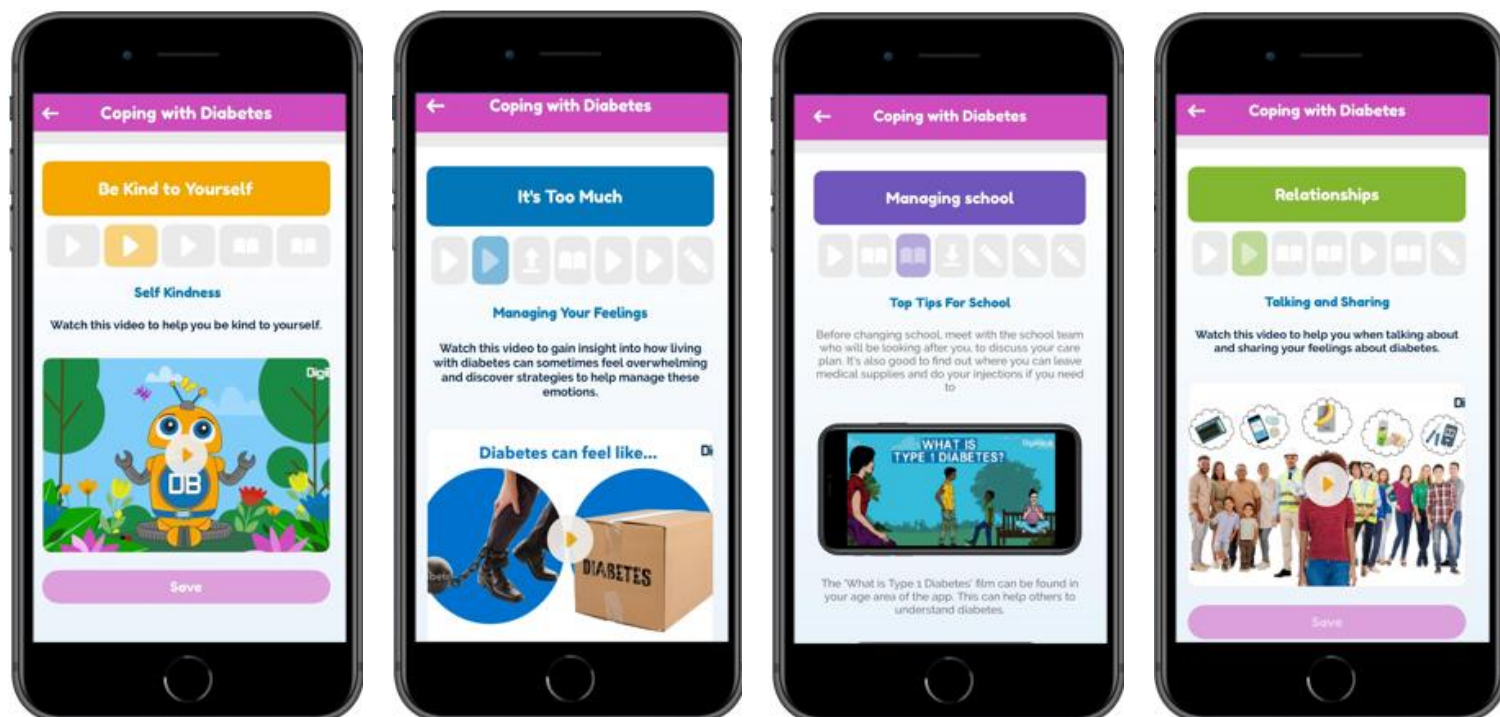
The Coping with Diabetes Tool can be used as an early intervention psychology tool. It has been developed by young people with Type 1 diabetes and clinical psychologists from all around the UK.

Coping with Diabetes tool available for all ages



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