

DIABETES FACT SHEETS

USEFUL WEBSITES



DIABETES RELATED WEBSITES

These websites have information about diabetes, living well with diabetes and discuss important issues.

<p>Diabetes NZ</p>	Diabetes.org.nz National website for people living with diabetes	<p>KidsHealth NZ</p>	kidshealth.org.nz/tags/diabetes New Zealand's Trusted Voice on Children's Health
<p>Beyond Type 1</p>	Beyondtype1.org Largest diabetes online website	<p>Beyond Type 2</p>	www.Beyondtype2.org Online resource for everyone impacted by type 2 diabetes.
<p>The Diabetes Psychologist</p>	thediabetespsychologist.com Resources written by a psychologist who also has type 1 diabetes.	<p>As1Diabetes</p>	as1diabetes.com.au Diabetes information for kids, teens, parents, carers and schools
<p>JDRF</p>	jdrf.org.uk and jdrf.com.au Information and support about type 1 diabetes	<p>Diabetes UK</p>	Diabetes.org.uk Source of information on all types of diabetes

WELLBEING WEBSITES AND APPS

Look up Healthify He Puna Waiora (healthify.nz) for other options and ask your team for local resources.

<p>1737</p>	1737.org.nz NZ National Mental Health and Addictions helpline Free to text or call	<p>The Lowdown</p>	lowdown.co.nz Helpline for young people to understand depression and anxiety
<p>Aunty Dee</p>	Auntydee.co.nz Online problem solving tool designed for Pasifika and Maaori rangatahi	<p>Small Steps</p>	Smallsteps.org.nz Website is a place where people can take small steps to improve their wellbeing
<p>Just A Thought</p>	justathought.co.nz Online programmes that teaches CBT for a range of mental health presentations	<p>Whitu</p>	Whitu – 7 ways in 7 days APP Teaches self-help skills for young people.
<p>Manaaki Ora</p>	Manaaki Ora APP Provides self-help tips for improving well-being.	<p>Mindshift</p>	Mindshift APP Provides information and self-help tools for anxiety.

As kaitiaki (carers/guardians) of diabetes related services, it is a collective responsibility to establish an environment that facilitates a pathway for people with diabetes to navigate te ao mate huka - the world of diabetes¹.

¹ Te Kaiwhakahaere Māori te Roopu mate huka Debbie Rawiri - Te Whatu Ora Waitaha Canterbury