

Diabetes Support: Your Healthcare Team and Community

When you have diabetes, finding support is key to helping you stay positive in order to reach your goals. In addition to family and friends, community support groups can be a great source of support. Nothing takes the place of talking with people who know, firsthand, exactly what you're going through.

"During the support group, as I said there were several people there that had diabetes and this is why they were there, but finding out what they did and what I didn't do it helped me tremendously."

Many support groups are welcome to spouses and family members too.

"Faith is a critical piece for me."

Some people find support through religious organizations or community-based groups.

Volunteering or supporting others can also help put your diabetes into perspective. When you reach out to find support for yourself, you may just end up helping others along the way.

And remember, your diabetes care team can be a great source of on-going support.

They can listen and support you when you may find it difficult to talk to others close to you.

Your diabetes care team is there to help you set both long-term and short-term goals, help motivate you to reach those goals, and help you measure your success. Or help get you back on track when you miss a goal.

Reach out to support groups, community and religious organizations and your diabetes care team to get the ongoing support you need to successfully manage diabetes.

Because you don't have to do it alone.