

SELF CHECK IN

Sometimes it helps to pause and check in with how diabetes is feeling right now.

You do not need to have everything figured out. A small step can be enough to get started.

STEP 1: I FEEL...

- Confident
- Unsure
- Overwhelmed
- Tired of managing diabetes
- Frustrated
- Stuck
- Worried
- Ready to make a change

STEP 2: I MIGHT BENEFIT FROM...

- More information
- Talking to someone
- A review of my diabetes plan
- Help with medications
- Practical tips for food, activity or daily routines
- Emotional support
- Support from my GP or care team
- Taking things one step at a time

STEP 3: REACH OUT WHEN...

- Things feel harder than usual
- I'd like more confidence or support
- I'm going through a change
- I want to talk through options

STEP 4: FIND SUPPORT

Diabetes WA can connect you with:

- Helpline for immediate support and guidance
- Education programs and resources
- Clinical support

GROW YOUR DIABETES VILLAGE

Call the Diabetes WA Helpline on **1300 001 880** or visit **diabeteswa.com.au/village**