



Young People and Parents Talking about Type 1 Diabetes

Adolescent Resource Sheet

Thank you so much for taking part in our project! We really appreciate you filling in our questionnaire. If you want to contact us or to find out more about the project, please feel free to contact us by email, if you have your parents' permission:

isabella.tuohy2@mail.dcu.ie or caroline.rawdon@dcu.ie

If any of the questions made you feel upset in any way or you feel you need any further information or help with managing your type 1 diabetes, it is important that you talk to an adult about it. This could be your parent, a member of your health care team, or your General Practitioner. You can also access resources available from Diabetes Ireland or the services listed below. Please talk to your parents or feel free to ring the following helplines or look at the following websites with your parents' permission.

Diabetes Ireland:

Website – <https://www.diabetes.ie/>

Helpline -1850 909 909

Reach Out:

Website - <https://ie.reachout.com/>

Jigsaw:

Website - <https://www.jigsaw.ie/>