

DIABETES PREVENTION AND SELF-MANAGEMENT

FIRST LINE ADVICE



NHS Scotland's interactive diabetes website to help support people who have or are at risk of having diabetes and their family and friends

www.mydiabetesmyway.scot.nhs.uk

01



For more information about diabetes and diabetes prevention, as well as a recipe finder approved by a specialist team of dietitians

www.diabetes.org.uk

02



For resources on **emotional wellbeing and mental health** with links to available support services

www.ablivingwell.org/emotional-wellbeing-mental-health

03



12 Week Weight Management Programme

www.nhsinform.scot/healthy-living/12-week-weight-management-programme

04



Resources written by dietitians to help you learn the best ways to eat and drink to keep your body fit and healthy

www.bda.uk.com/food-health/food-facts.html

05



For more information about diabetes, diabetes prevention and NHS support available in your area

www.nhshighland.scot.nhs.uk/health-and-wellbeing/diabetes/

06



SELF-REFERRAL

You can self-refer to the Dietetics department for further support by leaving your name, date of birth and contact telephone number at either:

Voicemail: 01631 789 041

Email: nhsh.dietitiansdirect@nhs.scot