

# WHAT TO DO WHEN DIABETES GETS TOO SCARY

A free, online event

**DATE:** Tuesday 23 May 2022

**TIME:** 6.00pm - 7.00pm

**WHERE:** Zoom

We'll be looking at the link between Diabetes and anxiety. This session will explore the reasons and science behind diabetes and the affect it can have on anxiety, fear, and feeling overwhelmed.

We will look at recognising symptoms, where to seek support, what help is available, and what to expect from different treatments.

**The event is open to all incl. those living with diabetes, those at risk of diabetes, family, friends and carers of people with diabetes and healthcare professionals.**

Register at <https://tinyurl.com/3p932h2b>

[www.diabetes.org.uk](http://www.diabetes.org.uk)