

Pre-diabetes and Type 2 diabetes

If you find out you have pre-diabetes or have been newly diagnosed with type 2 diabetes you may want to find out more. There is a selection of resources to choose from.



Live it Highland Group

Live it Highland is a 6-week programme facilitated by NHS Highland. It aims to support you if you have pre diabetes or type 2 diabetes by providing you with information to help manage the condition.

The sessions include the following topics;

- What is diabetes
- Food, Mood and Diabetes
- Activity and Diabetes
- Stress and Soothing
- Good Sleep Matters
- Self-Care and Self-Management



If you are interested in either attending the course face-to-face or online, please email nhsh.communityfoodandhealth@nhs.scot or phone **07483 143 316** or **01463 704 690**

iPad Loans

If you would prefer to access information online but are unsure where to look and/or don't have access to a digital device, High Life Highland library service has iPads pre-populated with health information. They can be booked and loaned out from any library, including mobile library service.

The devices include:

- No internet required - SIM card included, providing mobile data (Vodafone/O2 signal).
- Health information, useful websites, leaflets that might be useful for you.
- An information pack with how to use an iPad or access training & support.



Cognitive Behavioural Therapy for Type 2 Diabetes

Living with any long term condition can be difficult at times.

If you think you would benefit from some brief support to maintain your mental health alongside your physical health, please ask your GP or Diabetes Specialist about a referral.

Please visit the NHS highland website and search 'diabetes CBT' for more information.

New to Type 2

New to Type 2 is a free digital app with lots of useful information. Once downloaded you can keep returning to it as often as you need. The app includes:

- Information to read
- Short videos to watch
- Local resources
- Frequent asked questions
- A section for people to work on their personal goals.



www.nhshighland.scot.nhs.uk