



Talking Type 1...

# Diabetes distress & burnout for parents & carers



What to do when caring for  
a young person with type 1  
diabetes is feeling challenging

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**This resource is written by Clinical Psychologist Dr Rose Stewart, with contributions from parents and carers of children and young people living with type 1 diabetes, NHS Health Care Professionals and people living with type 1 diabetes from across the UK.**

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