



## Diabetes Victoria peer support program

At Diabetes Victoria we have dedicated staff who offer administrative support, up to date information, resources, coordination and promotion of peer support groups. We value our support group volunteers and offer ongoing support to leaders and support group members in order to run the program effectively.

### Benefits of peer support

1

Research has shown that members of support groups are more confident about their diabetes, are less stressed and depressed. This is because they have the support and contacts they need to better manage their diabetes.

2

Peer support groups provide an opportunity to see how other people are living successfully with diabetes, and learn from their experiences.

3

Peer support group members say that their quality of life has improved because of the friendships and support they receive from people within their diabetes support group.

## What are peer support groups?

Diabetes Victoria's peer support groups bring together people who are affected by diabetes – whether they have it themselves or know someone who does. The groups are a great way to meet people who understand what you are going through. Peer support can include meeting as a group, face to face or online and some groups deliver both options. They offer mutual support and encouragement and plan practical sessions where you can learn more about living well with diabetes.

## We have support groups all over Victoria

To find out more, please visit the Diabetes Victoria website and find the support group section under **“How we help.”**

Get in touch with the team by emailing [peersupportgroups@diabetesvic.org.au](mailto:peersupportgroups@diabetesvic.org.au) or call the Helpline on **1800 637 700** and ask to be put through to the peer support team.





## About Diabetes Victoria

We support, empower and campaign for all Victorians affected by diabetes. We are committed to minimising the impact of diabetes in the community, helping all people affected by diabetes and contributing to the search for a cure. Our work covers type 1, type 2 and gestational diabetes, as well as programs for people at risk. We also rely heavily on the generosity of our caring community of members and supporters to help fund our diabetes education, awareness activities and research.



*"It's nice to have contact with people experiencing the same condition. We can discuss our problems and get sensible advice based on personal experience and knowledge. We know that what is said remains within the group."*

*"Knowing there are more people out there 'like us' it just breaks that feeling of isolation."*

*"We receive understanding from the only group of people who can really understand - those that go through the same thing as we do."*

**New members are always welcome, please get in touch to find out more or check when our next meeting will be.**

# Peer Support Groups

## Connect with people who understand

Meeting like-minded people who share common experiences, concerns or goals whilst living well with diabetes can be a great way to feel supported. One way of doing this on a regular basis, is by joining a peer support group.

Your local group

We meet on .....

We meet at .....

Contact details .....