14 November 2024

**Media Opportunity:   
  
[Organisation Name] Shining a light on Wellbeing this World Diabetes Day**

Members of the **[GROUP NAME]** are focusing on ensuring wellbeing is at the heart of diabetes care on World Diabetes Day this November 14.

**[Organisation spokesperson]** said, “This WDD, we are shining a light on support programs and resources to help people focus on their wellbeing as a part of their diabetes management.

“I would encourage people in the community living with diabetes or supporting someone with diabetes, to find out more about the resources available for their wellbeing, as everyone with diabetes has the chance to live well.

“You can download tools from the Diabetes Victoria website, or you can join a peer support group or start your own in your local area.

“Other supports Diabetes Victoria provides includes camps, advocacy, and prevention programs. The Diabetes Victoria Clinic also offers appointments with a health psychologist who can assist with coping strategies for stress, anxiety, depression, diabetes burnout and diabetes distress,” **[he/she]** said.

People managing their condition face daily challenges at home, work, school and in recreational and social settings.

**[Organisation spokesperson]** explains, “People living with diabetes must be incredibly resilient, organised, and responsible, as diabetes impacts both physical and mental wellbeing.

“When we prioritise wellbeing, we move closer to a healthier future for all people affected by diabetes,” added [**spokesperson].**

We invite all media to help us to raise awareness about prioritising wellbeing and diabetes.

Please contact **[CONTACT DETAILS]** for further information