

DIABETES & MENTAL HEALTH

RESOURCES FOR PARENTS



BOOKS

- DIABETES BURNOUT: WHAT TO DO WHEN YOU CAN'T TAKE IT ANYMORE:** DR. WILLIAM POLONSKY
DEALING WITH DIABETES BURNOUT: HOW TO RECHARGE AND GET BACK ON TRACK WHEN YOU FEEL FRUSTRATED AND OVERWHELMED LIVING WITH **DIABETES:** GINGER VIERA
DIABETES - HOW TO HELP: GARY SCHEINER and DIANE HERBERT
-

WEBSITES

- BEHAVIORAL DIABETES INSTITUTE:** WWW.BEHAVIORALDIABETES.ORG/PROGRAMS/PARENT
T1EVERYDAY MAGIC: WWW.TIEVERYDAYMAGIC.COM
DIABULIMIA HELPLINE: WWW.DIABULIMIAHELPLINE.ORG/RESOURCES
BEYOND TYPE 1: WWW.BEYONDTYPE1.ORG/MENTAL-HEALTH/
CENTER FOR DIABETES & MENTAL HEALTH: WWW.CDMH.ORG



BLOGS

- DEATH OF A PANCREAS:** WWW.DEATHOFAPANCREAS.COM
D-MOM: WWW.D-MOM.COM
BLEEDINGFINGER: WWW.BLEEDINGFINGER.COM
OUR DIABETIC LIFE: WWW.OURDIABETICLIFE.COM
SWEET TO THE SOUL: WWW.SWEET2THESOUL.BLOGSPOT.COM
DIABETES SWEETIES: WWW.DIABETES-SWEETIES.BLOGSPOT.COM
DIABETES DAD: WWW.DIABETESDAD.ORG
A SWEET LIFE: WWW.ASWEETLIFE.ORG/LIVING/PARENTING-CHILDREN/



VIDEOS

- TALKING FOOD w/ TYPE I TEENS & PARENTS:** [HTTPS://YOUTU.BE/WRIeZwXMHLs](https://youtu.be/WRIeZwXMHLs)
PSYCHING OUT DIABETES: [HTTPS://YOUTU.BE/3xozkSukJiY](https://youtu.be/3xozkSukJiY)
WHAT NOT TO SAY TO THE PARENT OF A T1D: [HTTPS://YOUTU.BE/LFIVVHQod50](https://youtu.be/LFIVVHQod50)
EMOTIONAL & BEHAVIORAL CONCERNS OF DIABETES: [HTTPS://YOUTU.BE/fzZi2H8cT4Q](https://youtu.be/fzZi2H8cT4Q)
DIABULIMIA, THE DIABETIC EATING DISORDER: [HTTPS://YOUTU.BE/tSLjM6cZaTo](https://youtu.be/tSLjM6cZaTo)