

Let your educator know if you need help accessing the websites.

Emotional Support

- National Alliance on Mental Illness (NAMI) –(Depression, bipolar and other support) 800-950-6264; www.nami.org
- Depression & Bipolar Support Alliance- 800-826-3632-www.dbsalliance.org
- Anxiety & Depression Association of America
 - Find a local support groups & Therapist by zip code at www.adaa.org
 - National phone number 240-485-1001
- National Suicide Prevention Lifeline- 800-273-8255

Weight Management

- Weight Watchers-800-621-6000-www.weightwatchers.com
- Over eaters Anonymous- 505-891-2664 (support group)- www.oa.org
- Other: _____

Exercise

- Curves -877-673-3144- www.curves.com
- 24 Hour Fitness-800-224-0240- www.24hourfitness.com
- Add local gym and fitness center as an option**
- Other: _____

Diabetes Support Groups

- Add local support group information**

Stress Relief

- Add local Yoga classes**

Other

- Add other local support resources**

Journals

- Diabetes Forecast- 800-342-2383- www.diabetesforecast.org
- Diabetes Self-Management- 855-367-4813- www.diabetesselfmanagement.com
- Other: _____

Apps

- Calorie King
- Glucose Buddy (Free, tracks blood glucose, graphs)
- SparkQuote (Free, inspiring quote for the day)

Patient Name: _____ Date _____

Review/Revision Date: _____

Review/revision required annually at a minimum.