

My Diabetes Self-Management Support Plan

Emotional Support

- Veterans Crisis Line—1-800-273-8255 Press 1
- National Suicide Prevention Lifeline-- 1-800-273-825
- PCMHI- Walk in clinic available Monday -Friday, 8-3:30 in Ambulatory Clinic, 1st floor of Hospital (Building 41)
- Anxiety & Depression Association of America—1-240-485-1001
--Find a local support group & therapist by zip code at www.adaa.org
- Depression & Bipolar Support Alliance—1-800-826-3632—www.dbsalliance.org

Weight Management

- Weight Watchers—1-800-621-6000—www.weightwatchers.com
- Over Eaters Anonymous—505-891-2664 (support group)-www.oa.org
- My Fitness Pal—app, can log food, calories

Websites

- dLife—Motivational eNews at dLife.com
- diaTribe Learn—Making sense of diabetes. Tips for caring for diabetes, latest research and medications and support form people with diabetes.

Apps

- Calorie King—free, works with iPhone, info on carb counting, fat and calories for foods)
- MySugr--free, tracks blood sugar & insulin, graphs, info can be sent to provider)
- Glucose Buddy--free, inspiring quote of the day)
- Fooducate--free, QR scanner that reads labels and grades the nutrition of the food
- ThinkUp—can record personal affirmations
- Mindfulness Coach—VA app, mindfulness training, guided practice

Magazines

- Diabetes Forecast- 1-800-342-2382 www.diabetesforecast.org
- Diabetes Self-Management—855-367-4813 www.diabetesselfmanagement.com

Stress Relief

- Whole Reiki—505-359-1578—wholereiki.com

Other Plans: _____

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