

```
import React from 'react'; import { Search, Mail, Phone, MessageCircle, FileText, Shield,
CreditCard, Package, HelpCircle } from 'lucide-react'; import { Card, CardContent }
from '../ui/card'; import { Badge } from '../ui/badge'; import { Button } from '../ui/button';
import { Input } from '../ui/input'; import { Textarea } from '../ui/textarea'; import
{ Accordion, AccordionContent, AccordionItem, AccordionTrigger, } from
'../ui/accordion';
```

```
export function HelpCentrePage() { const contactMethods = [ { icon: Mail, title: 'Email
Support', description: 'Get a response within 24 hours', action:
'support@diabeticdelight.com', color: 'from-[#D4A574] to-[#B88A57]', }, { icon:
MessageCircle, title: 'Live Chat', description: 'Chat with us in real-time', action: 'Start
Chat', color: 'from-[#C4B5A7] to-[#A8998A]', }, { icon: Phone, title: 'Phone Support',
description: 'Mon-Fri, 9AM-5PM GMT', action: '+44 20 1234 5678', color: 'from-
[#8C7A6B] to-[#6D5A48]', }, }, ];
```

```
const faqCategories = [ { category: 'Orders & Shipping', icon: Package, questions: [ { q:
'How long does delivery take?', a: 'Standard delivery takes 3-5 business days within the
UK. Express delivery (1-2 days) is available for subscription box members. International
shipping times vary by location.', }, { q: 'Can I track my order?', a: 'Yes! Once your order
ships, you'll receive a tracking number via email. You can also track your order from
your account dashboard.', }, { q: 'What are the delivery costs?', a: 'Standard UK delivery
is £3.99. Subscription box members get free standard delivery. Express delivery is
£7.99. Free delivery on orders over £50.', }, { q: 'Do you ship internationally?', a: 'Yes, we
ship to most countries in Europe, North America, and Australia. International shipping
costs are calculated at checkout based on your location.', }, ], }, { category:
'Subscriptions', icon: CreditCard, questions: [ { q: 'How do subscription boxes work?', a:
'Choose your preferred plan (Essential, Deluxe, or Premium) and receive a curated box
of diabetic-friendly products delivered to your door each month. You can customize
preferences and skip months as needed.', }, { q: 'Can I cancel or pause my
subscription?', a: 'Absolutely! You can cancel, pause, or modify your subscription at
any time from your account settings. No cancellation fees or commitments required.', },
{ q: 'When will I be charged?', a: 'Your payment method is charged on the same day
each month. For annual subscriptions, payment is taken upfront with a 15% discount
applied.', }, { q: 'Can I change my subscription plan?', a: 'Yes, you can upgrade or
downgrade your plan at any time. Changes take effect from your next billing
cycle.', }, ], }, { category: 'Products', icon: FileText, questions: [ { q: 'Are all products
suitable for diabetics?', a: 'Yes, every product in our marketplace and subscription
boxes is carefully vetted by our nutritionist team to ensure it's appropriate for diabetic
diets. We provide detailed nutritional information and GI ratings for all items.', }, { q: 'Do
you cater to specific dietary requirements?', a: 'Yes! You can filter products by dietary
needs including vegan, gluten-free, dairy-free, and nut-free. Subscription boxes can be
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customized based on your preferences and allergies.', }, { q: 'What is the glycaemic index (GI) rating?', a: 'The GI measures how quickly foods raise blood sugar levels. Low GI foods (55 or less) are ideal for diabetics. All our products display their GI rating and estimated insulin impact.', }, { q: 'Can I return products I don't like?', a: 'Yes, we offer a satisfaction guarantee. If you're unhappy with any product, contact us within 30 days for a refund or replacement.', },], { category: 'Account & Privacy', icon: Shield, questions: [{ q: 'Is my personal information secure?', a: 'Absolutely. We use industry-standard encryption to protect your data. We never share your personal information with third parties without your consent. Read our full Privacy Policy for details.', }, { q: 'How do I reset my password?', a: 'Click "Forgot Password" on the login page and enter your email address. We'll send you a secure link to create a new password.', }, { q: 'Can I delete my account?', a: 'Yes, you can request account deletion from your account settings. This will permanently remove all your data from our systems.', }, { q: 'Do you collect health information?', a: 'We only collect health information you voluntarily provide to personalize your experience. This data is encrypted and never shared. Diabetic Delight is not intended for storing sensitive medical records.', },], },];

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const quickLinks = [ { title: 'Refund Policy', icon: CreditCard }, { title: 'Delivery Information', icon: Package }, { title: 'Privacy Policy', icon: Shield }, { title: 'Terms of Service', icon: FileText }, ];
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return (
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```
  { /* Hero Section */  
    Help Centre
```

How Can We Help?

Find answers to common questions or get in touch with our support team

```
  { /* Contact Methods */  
    <section className="py-20 bg-white">  
      <div className="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">  
        <div className="text-center mb-12">  
          <h2 className="text-[#5C4A3A] mb-4">Get in Touch</h2>  
          <p className="text-[#8C7A6B] max-w-2xl mx-auto">  
            Our friendly support team is here to help  
          </p>  
        </div>  
        <div className="grid md:grid-cols-3 gap-8">  
          {contactMethods.map((method, index) => {
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        const Icon = method.icon;
        return (
          <Card key={index} className="border-[#E5DFD7]
hover:shadow-lg transition-shadow">
            <CardContent className="p-6 text-center">
              <div className={`inline-block p-4 rounded-xl bg-
gradient-to-br ${method.color} mb-4`} >
                <Icon className="w-6 h-6 text-white" />
              </div>
              <h3 className="text-[#5C4A3A] mb-
2">{method.title}</h3>
              <p className="text-sm text-[#8C7A6B] mb-
4">{method.description}</p>
              <p className="text-[#D4A574]">{method.action}</p>
            </CardContent>
          </Card>
        );
      }
    </div>
  </div>
</section>

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{ /* FAQ Section */ }
<section className="py-20">
  <div className="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">
    <div className="text-center mb-12">
      <h2 className="text-[#5C4A3A] mb-4">Frequently Asked
Questions</h2>
      <p className="text-[#8C7A6B] max-w-2xl mx-auto">
        Find quick answers to the most common questions
      </p>
    </div>

    <div className="space-y-8">
      {faqCategories.map((category, catIndex) => {
        const CategoryIcon = category.icon;
        return (
          <div key={catIndex}>
            <div className="flex items-center gap-3 mb-4">
              <div className="p-2 rounded-lg bg-gradient-to-br
from-[#D4A574] to-[#B88A57]">
                <CategoryIcon className="w-5 h-5 text-white" />

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        </div>
        <h3 className="text-
[#5C4A3A]">{category.category}</h3>
    </div>
    <Card className="border-[#E5DFD7]">
        <CardContent className="p-6">
            <Accordion type="single" collapsible className="w-
full">
                {category.questions.map((faq, qIndex) => (
                    <AccordionItem key={qIndex} value={`item-
${catIndex}-${qIndex}`}>
                        <AccordionTrigger className="text-left text-
[#5C4A3A] hover:text-[#D4A574]">
                            {faq.q}
                        </AccordionTrigger>
                        <AccordionContent className="text-
[#8C7A6B]">
                            {faq.a}
                        </AccordionContent>
                    </AccordionItem>
                ))}
            </Accordion>
        </CardContent>
    </Card>
</div>
);
    }}}
</div>
</div>
</section>

```

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{ /* Quick Links */ }
<section className="py-20 bg-white">
    <div className="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">
        <div className="text-center mb-12">
            <h2 className="text-[#5C4A3A] mb-4">Important
Information</h2>
        </div>
        <div className="grid md:grid-cols-4 gap-6">
            {quickLinks.map((link, index) => {
                const Icon = link.icon;
                return (

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        <Card key={index} className="border-[#E5DFD7]
hover:shadow-md transition-shadow cursor-pointer">
            <CardContent className="p-6 text-center">
                <Icon className="w-8 h-8 text-[#D4A574] mx-auto mb-
3" />

                <p className="text-[#5C4A3A]">{link.title}</p>
            </CardContent>
        </Card>
    );
    })}
</div>
</div>
</section>

```

```

{ /* Contact Form */ }
<section className="py-20 bg-[#F8F5F1]">
    <div className="max-w-3xl mx-auto px-4 sm:px-6 lg:px-8">
        <div className="text-center mb-12">
            <h2 className="text-[#5C4A3A] mb-4">Still Need Help?</h2>
            <p className="text-[#8C7A6B]">
                Send us a message and we'll get back to you as soon as
possible
            </p>
        </div>
        <Card className="border-[#E5DFD7]">
            <CardContent className="p-8">
                <form className="space-y-6">
                    <div className="grid md:grid-cols-2 gap-6">
                        <div>
                            <label className="block text-sm text-[#5C4A3A] mb-
2">
                                First Name *
                            </label>
                            <Input
                                placeholder="John"
                                className="border-[#E5DFD7]"
                            />
                        </div>
                        <div>
                            <label className="block text-sm text-[#5C4A3A] mb-
2">
                                Last Name *

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        </label>
        <Input
            placeholder="Smith"
            className="border-[#E5DFD7]"
        />
    </div>
</div>
<div>
    <label className="block text-sm text-[#5C4A3A] mb-2">
        Email Address *
    </label>
    <Input
        type="email"
        placeholder="john@example.com"
        className="border-[#E5DFD7]"
    />
</div>
<div>
    <label className="block text-sm text-[#5C4A3A] mb-2">
        Subject *
    </label>
    <Input
        placeholder="How can we help?"
        className="border-[#E5DFD7]"
    />
</div>
<div>
    <label className="block text-sm text-[#5C4A3A] mb-2">
        Message *
    </label>
    <Textarea
        placeholder="Please provide as much detail as
possible..."
        rows={6}
        className="border-[#E5DFD7]"
    />
</div>
<Button
    type="submit"
    className="w-full bg-gradient-to-r from-[#D4A574] to-
[#B88A57] text-white"
    size="lg"

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        >
        Send Message
    </Button>
</form>
</CardContent>
</Card>
</div>
</section>

{ /* Notice */ }
<section className="py-12 bg-gradient-to-br from-[#5C4A3A] to-
[#6D5A48]">
    <div className="max-w-4xl mx-auto px-4 sm:px-6 lg:px-8 text-
center">
        <div className="flex items-start gap-4 p-6 bg-white/10
rounded-2xl border border-white/20">
            <HelpCircle className="w-6 h-6 text-[#D4A574] shrink-0 mt-1"
/>
            <div className="text-left">
                <h3 className="text-white mb-2">Important Notice</h3>
                <p className="text-[#C4B5A7] text-sm">
                    Diabetic Delight is an educational and e-commerce
platform. We are not a medical service and do not provide medical
advice. Always consult with your healthcare provider before making
changes to your diabetes management plan. This platform is not
intended for collecting personally identifiable information (PII) or
securing sensitive medical data.
                </p>
            </div>
        </div>
    </div>
</section>
</div>

); }

```