



Help and support

There is a lot of information and support available for people with type 2 diabetes. Some of the support depends on the area you live in.

Take a course to help you manage your diabetes

Completing a diabetes support course is now recommended as a key part of your treatment. There are free courses available to you across the country. These courses can help you look after diabetes and your health.

Diabetes support courses (Link: <https://www2.hse.ie/conditions/type-2-diabetes/courses-and-support/diabetes-support-courses/>)

Free online education course

'Diabetes Smart' is a free short online course on type 2 diabetes. It is offered on the Diabetes Ireland website (Link: <https://www.diabeteseducation.ie/>).

The Diabetes Smart course can help you start learning about how you can treat and manage type 2 diabetes.

The course lasts 55 minutes and has a series of short videos on topics such as:

- what is diabetes
- healthy eating
- physical activity
- medicines
- diabetes complications

It is a useful way to start understanding the condition and your key role in treating it. But it is still recommended to do one of our diabetes support courses as well.

HSE Live

The HSE Live (Link: <https://www2.hse.ie/services/contact-the-hse/contact-the-hse.html>) team can help you with any questions or queries you may have about diabetes services and support.

Freephone: 1800 700 700 (Link: tel:1800700700) from 8am to 8pm Monday to Friday, 10am to 5pm on Saturday and Sunday.

Email: hselive@hse.ie (Link: <mailto:hselive@hse.ie>)

Schemes and allowances

HSE Live can answer queries on your entitlements and allowances (Link: <https://www2.hse.ie/costs-schemes-allowances/>), such as:

- the Long Term Illness Scheme
- GP Visit cards
- Medical cards

Diabetes Ireland

Diabetes Ireland is a national charity dedicated to providing support, education and motivation to people with diabetes.

Services include access to:

- patient support from the diabetes helpline on 01 842 8118 (Link: tel:0035318428118)
- information, leaflets and online support at [diabetes.ie](https://www.diabetes.ie/) (Link: <https://www.diabetes.ie/>)
- community based patient education conferences and courses
- diabetes healthcare professionals in Cork and Dublin - these include podiatry, dietitian, counselling services and audiology
- local support groups and branches

Phone: 01 842 8118 (Diabetes helpline) (Link: tel:0035318428118)

Email: info@diabetes.ie (Link: <mailto:info@diabetes.ie>)

www.diabetes.ie (Link: <https://www.diabetes.ie/>)

Websites to support your treatment of diabetes

There is a lot of information available on [HSE.ie](https://www.hse.ie/eng/) (Link: <https://www.hse.ie/eng/>) and other websites to help you treat and manage your diabetes. You can also download or order a variety of health promotion leaflets at [healthpromotion.ie](https://www.healthpromotion.ie/) (Link: <https://www.healthpromotion.ie/>)

Alcohol

Ask About Alcohol (Link: <https://www2.hse.ie/alcohol/>)

HSE Alcohol Helpline (freephone: 1800 459 459) (Link: <tel:1800459459>)

Eat healthy foods

Healthy Eating Active Living (Link: <https://www2.hse.ie/healthy-eating-active-living/nutrition/>)

Healthy eating - safefood.net (Link: <https://www.safefood.net/Healthy-Eating/Operation-Transformation-2020.aspx>)

RTE operation transformation website - ot.rte.ie (Link: <https://ot.rte.ie/>)

Cooking and recipes - safefood.net (Link: <https://www.safefood.net/Recipes.aspx>)

Diabetic Retinopathy Screening

Diabetic Retinascreen (Link: <https://www2.hse.ie/screening-and-vaccinations/diabetic-retina-screening/diabetic-retina-screening.html>)

Freephone: 1800 454 555 (Link: <tel:1800454555>)

Mental health

Minding your well-being - free online course (Link: <https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html>)

Your mental health (Link: <https://www2.hse.ie/mental-health/>)

Mindfulness (Link: <https://www2.hse.ie/mental-health/self-help/activities/mindfulness/>)

Stress coping skills (Link: <https://www2.hse.ie/mental-health/issues/stress/>)

Stresscontrol.ie (Link: <http://www.stresscontrol.ie/>)

Quit smoking

Get help to quit smoking (Link: <https://www2.hse.ie/living-well/quit-smoking/get-help-to-quit/>)

National Quitline (freephone: 1800 201 20) (Link: <tel:1800201203>)

Physical activity

Exercise (Link: <https://www2.hse.ie/living-well/exercise/>)

Local Sports Partnerships - [sportireland.ie](https://www.sportireland.ie) (Link: <https://www.sportireland.ie/participation/local-sports-partnerships>)

Get Ireland Active - [sportireland.ie](https://www.sportireland.ie) (Link: <https://www.sportireland.ie/participation/local-sports-partnerships>)

Get Ireland Walking (Link: <https://www.getirelandwalking.ie/>)

Explore Coillte forests - [coillte.ie](https://www.coillte.ie) (Link: <https://www.coillte.ie/our-forests/explore/activities/>)

Discover Ireland (Link: <https://www.discoverireland.ie/things-to-do>)

Weight loss

Weight loss support - ot.rte.ie (Link: <https://ot.rte.ie/>)

Eating healthy - safefood.net (Link: <https://www.safefood.net/Healthy-Eating/Operation-Transformation-2020.aspx>)

More in Courses and support (Link: </conditions/type-2-diabetes/courses-and-support/>)

Help and support

Diabetes support courses (Link: </conditions/type-2-diabetes/courses-and-support/diabetes-support-courses/>)

DISCOVER DIABETES (Link: </conditions/type-2-diabetes/courses-and-support/discover-diabetes/>)

DESMOND (Link: </conditions/type-2-diabetes/courses-and-support/desmond/>)

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