

WAYS TO MANAGE STIGMATISATION

- **Share your stories with others.** While many people may be reluctant to tell others they have diabetes, having these conversations with your friends, family, and colleagues can help humanise diabetes to those who are not familiar with the condition. Join a diabetes support group.
- **Seek help.** If you, your child or anyone you know, are being stigmatised and need assistance, please find a counsellor at a [Family Service Centre \(FSC\)](#) near you.

