

Diabetes UK

Diabetes UK has a free telephone helpline. Call them for information about diabetes. They will take the time to talk things through and help you explore any difficulties you are having. You don't need a question about diabetes to call or email them.

They provide a range of online information to help you understand more about diabetes, the different types, treatment and how to manage your diabetes. This includes:

- signs, symptoms and getting tested for diabetes
- [a recipe finder and meal planner](#)
- [information in other languages](#)
- [Type 2 diabetes risk assessment tool](#)
- [understanding gestational diabetes](#)

The local support group is [Diabetes UK North](#)

Last updated: February 22, 2024

Telephone: 0345 123 2399

Website: www.diabetes.org.uk

Helpline: 0345 123 2399

Freephone Monday to Friday, 9am to 6pm

Fax: 0207 424 1001

Email: helpline@diabetes.org.uk

Twitter: <https://twitter.com/DiabetesUK>

Facebook: <https://www.facebook.com/diabetesuk/posts/10155878590475167>

Cost: Free

Address:

Wells Lawrence House
126 Back Church Lane

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E1 1FH

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