

WHAT ARE THE RATES OF OCCURANCE?

People with diabetes experience higher rates of mental health issues



Increased symptoms of **depression affect one in four adults with diabetes** with rates ranging from 21.3% in adults with type 1 diabetes to 27% in adults with type 2 diabetes.²



18-45%³ of people with diabetes exhibit **diabetes distress** – a condition where the emotional burden and stresses of living with diabetes manifests in physical ways such as fatigue, tension and burnout.



Adults with diabetes have been found to have **elevated rates of anxiety symptoms** and conditions including generalized anxiety disorder (GAD) and anxiety symptoms that are specific to the experience of living with diabetes or diabetes complications (e.g. fear of needles, fear of hypoglycemia).⁴

DEPRESSION

- Disrupts how well you function at work and home, including taking care of your diabetes.
- Treatment—therapy, medication or a combination—is usually very effective. Without treatment, depression often gets worse, not better.
- The earlier depression is treated, the better it is for you, your quality of life and your diabetes.
- If you think you have depression, contact a health professional right away to get help.

SYMPTOMS OF DEPRESSION

pain for no reason
 overeating OR loss of appetite
 feelings of guilt or worthlessness
 trouble concentrating
 loss of interest in things you enjoy
 suicidal thoughts
 irritability
 fatigue
 insomnia
 isolation

DIABETES DISTRESS

Diabetes distress, may cause you to slip into unhealthy habits, stop checking your blood sugar, even skip doctor's appointments.

It happens to many people with diabetes, often after years of good management

In any 18-month period, 33% to 50% of people with diabetes will have diabetes distress.

Diabetes Distress can look like depression or anxiety, BUT it can't be treated effectively with medicine.

Instead, these approaches have been shown to help:

- Make sure you're seeing an endocrinologist or other diabetes specialist for your diabetes care
- Ask your doctor to refer you to a mental health counselor
- Get some one-on-one time with a diabetes educator so you can problem solve together
- Focus on one or two small diabetes management goals instead of thinking you must work on everything all at once
- Join a diabetes support group so you can share your thoughts and feelings with people who have the same concerns (and learn from them too)

WHEN TO ASK FOR HELP

- Struggle to manage your self-care
- Have negative thoughts
- Avoid seeing your healthcare providers
- Have little interest or don't find pleasure in your activities
- Sleep most of the day or are not able to sleep
- See little value in taking care of yourself
- Feel like you can't take care of yourself
- Have lost your appetite or are overeating
- Feel others in your family don't care.

fear
frustration
low motivation
loneliness
denial
defeat

