

STIGMATISATION OF INDIVIDUALS WITH DIABETES



- Diabetes stigma includes the **experience** of exclusion, rejection, prejudice, and blame that some people with diabetes encounter. Learn how to identify this stigma, how it can lead to worse health outcomes, and what you can do to stand up to it.
- **Stigmatisation** can be a major challenge for **those** with diabetes **and** exists everywhere, including in the family, school, workplace, and healthcare **settings**. It prevents people from seeking care and managing their physical and mental health.

WAYS TO MANAGE STIGMATISATION

- **Be kind to yourself.** Never blame yourself. You may mistakenly believe you are responsible for your condition, but internalised stigma can be just as harmful to your health as stigma from others. Educate yourself on the many causes of diabetes and connect with people who share your experiences to help you overcome self-blame.
- **Speak up** if you see stigmatising behaviour or statements being made, and try to open up a conversation with others by sharing accurate information about diabetes. Being an ally to individuals with diabetes is key.



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.



WAYS TO MANAGE STIGMATISATION

Or you can contact the following diabetes groups:

Diabetes Singapore

Email: enquiry@diabetes.org.sg

(65) 6564 9818

<https://www.diabetes.org.sg/>

TOUCH Diabetes Support

Email: tds@touch.org.sg

(65) 6377 0122

typeOne.sg

<https://www.facebook.com/groups/typeonesg>

