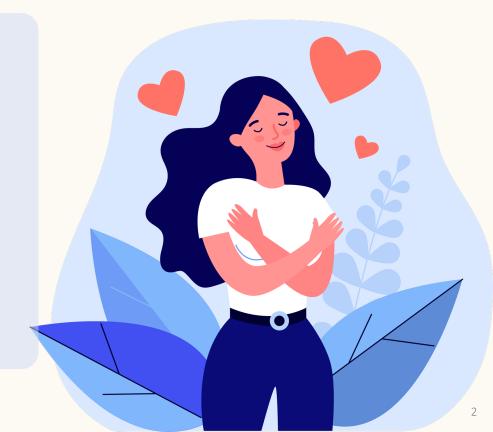
# STIGMATISATION OF INDIVIDUALS WITH DIABETES



- 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 selfblame.
- 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 <u>Family Service Centre (FSC)</u> 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: <a href="mailto:tds@touch.org.sg">tds@touch.org.sg</a>

(65) 6377 0122

#### typeOne.sg

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

