

# Diabetes & Depression

- Living with diabetes can be stressful, and limit your involvement in pleasurable activities.
- Ongoing emotional struggles of coping with diabetes can include feeling you are constantly failing at managing your diabetes, feeling hopeless, fearing the long-term complications and feeling very alone.
- Physical symptoms including fatigue, low energy, poor sleep, appetite and concentration.
- Depressive symptoms impact self-care, reduce motivation in taking care of yourself, and can contribute to hyperglycaemia or hypoglycaemia.
- Depression can be managed.



## **Have you experienced ... or noticed changes in**

- Sleep
- Interest
- Guilt
- Energy
- Concentration
- Appetite
- Nervousness
- Suicidal thoughts?

If you are experiencing any of these symptoms, talk with your doctor, nurse or healthcare professional.