

Around one in four people with diabetes experiences significant diabetes distress. If that's you, you're not alone.

Diabetes and Mental Health

UNDERSTANDING THE LINK

Not just a physical condition

Diabetes asks a lot of you. Checking, planning, monitoring, deciding - all day, every day, with no weekends off. It would be strange if that never affected how you feel.

It's important to recognise that mood and diabetes are linked in both directions. Stress and low mood can affect blood glucose, partly through hormones and partly because they make the everyday tasks harder. And in turn, the relentless daily tasks can wear your mood down. It's not your fault when this happens, but it's helpful to understand what's going on if it does.

IF YOU NEED HELP NOW...

- Lifeline: 13 11 14 (24 hours)
- Suicide Call Back Service: 1300 659 467 (24 hours)
- Beyond Blue: 1300 22 4636
- 13YARN (Aboriginal and Torres Strait Islander crisis support): 13 92 76
- Your GP or diabetes team
- NDSS Helpline: 1800 637 700
- The DAWN program: dawnprogram.org.au

COMMON SIGNS OF DIABETES DISTRESS



Feeling overwhelmed

Many people feel overwhelmed, frustrated or worn down by the demands of diabetes.



Burnout

When you feel like giving up on important routines or self-care, this can be a sign of burnout.



Guilt or worry

Often feeling worried or guilty about numbers, hypos, what others think, or self-blaming.



Low mood

Depression is 2 to 3 times more common in people with diabetes than in the general population.

SUPPORT IS AVAILABLE

If you've stopped enjoying things, or have been experiencing low mood or worry most days for a while now, please talk to your GP or reach out to a support line. Talking to someone is a great first step.

In an emergency, always call 000.

