

Diabetes and Depression

Feeling down or sad from time to time is a normal part of life. For most people, these feelings don't last long. For some people, the sadness becomes so intense and long-lasting that it starts to reflect daily life, including work, school, relationships, and diabetes management. If you are feeling this way, you may have depression, but you are not alone. There are many things you can do to reduce your feelings of depression.



What Is Depression?

Depression is much more than sadness. It is a serious mental health condition. It affects how you feel about yourself and your life, and can prevent you from fully engaging in daily tasks, social activities, and relationships.

Symptoms of depression include:

- › having little interest or pleasure in doing things
- › feeling down
- › having trouble falling or staying asleep—or sleeping too much
- › feeling tired, or having little energy
- › having a poor appetite—or over-eating
- › feeling bad about yourself (that you are a failure, or that you have let yourself or your family down)
- › having difficulty concentrating
- › moving or speaking very slowly—or being fidgety or restless
- › or having thoughts that you would be better off dead.

If you have had any of these symptoms for at least two weeks, talk with your primary care physician (PCP). They can make an assessment, offer treatment, and/or refer you to a mental health professional. **It is important that you seek help from a qualified health professional.**



“Having depression when you’ve got diabetes is even more difficult. You feel completely hopeless yet you still have to take care of yourself. It’s like you’re in a dark box and you can’t get out of it.”

—Craig, 48, person with diabetes



“Don’t be afraid to ask for help. Seeing a psychologist is one of the best things I ever did.”

—Rodney, 36, person with diabetes

(800) DIABETES (342-2383)

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