

# Diabetes and your Mental Health



## Diabetes and Mental Health Conditions

People with diabetes are more likely to experience mental health conditions, including, depression, anxiety and eating disorders. Mental health conditions can make it more difficult to manage diabetes.

<https://www.diabetes.ca/archive/managing-my-diabetes---archive/preventing-complications/mental-health>

Only about half of adults in Canada with mental illness have received treatment.



Help is out there! ❤️

Some common emotions related to diabetes include:

Denial  
Fear  
Guilt  
Anger  
Depression  
Acceptance

These feelings are normal. You are not alone!



## Diabetes Distress

Diabetes distress is an emotional response to living with diabetes. This can occur when a person feels frustrated, overwhelmed and/or defeated by diabetes. It is not the same as depression but can share some of the same symptoms. It is estimated that 33-50% of people living with diabetes experience diabetes distress.

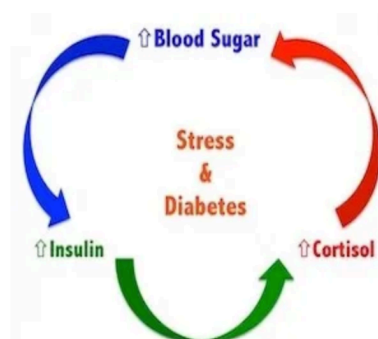
[diabetesdistress.org](https://diabetesdistress.org)



## Stress

Stress is your body's or mind's response to new or difficult situations. If you have diabetes, mental stress can trigger hormones in your body that make it harder for insulin to work well, causing your blood sugar to rise. Plus, long-term stress can also increase your risk of other health problems, like high blood pressure and heart disease.

<https://www.diabetes.ca/about-diabetes/impact-stories/stress-sos>



# Social Connection/Support



Get support by connecting with others living with diabetes, prediabetes or other chronic conditions:

- SRCHC Mental Health and Diabetes Support group (virtual)  
<https://www.srchc.ca/programs/decnet/mental-health-diabetes-group/>
- Ontario Online Chronic Disease Self-Management Program  
<https://www.selfmanagementontario.ca/en/wholehealthwholeself>
- Breakthrough T1D (Type 1 diabetes support)  
<https://breakthrought1d.ca/support/talk-t1d/>
- Pay What You Can Peer Support (Virtual) – Various Topics  
<https://www.paywhatyoucanpeersupport.com/>

## Manage Stress

Find positive ways to cope with stress:

- [www.freemindfulness.org](http://www.freemindfulness.org)
- <https://palousemindfulness.com/>
- <https://insighttimer.com/>
- <https://www.youtube.com/user/yogawithadriene>



## Keep Active

Move your body in ways that bring you joy:

- <https://www.toronto.ca/explore-enjoy/parks-recreation/>
- <https://www.torontooutdoorclub.com/>
- <https://seniortoronto.ca/topics/warm-water-pools>



## Get Help

Therapy and/or counselling can help you manage life's challenges and improve the symptoms of mental health conditions (lower cost/OHIP-covered options listed below):

- <https://www.ontarioshores.ca/services/ontario-structured-psychotherapy-program>
- <https://affordabletherapynetwork.com/>
- <https://directory.breakthrought1d.ca/>
- <https://familyservicetoronto.org/>



### Financial Resources:

<https://www.womenscollegehospital.ca/wp-content/uploads/2022/08/Diabetes-Resource-Manual.pdf>

### Taddle Creek Diabetes Education Program Can Help:

Come meet our diabetes experts for individualized information about food, lifestyle, blood tests and more. We offer individual counseling and group education.

We can support you to develop the skills and knowledge you need to manage your diabetes.

Register today: (416) 204-1256

[www.taddlecreekfht.ca/programs/diabetes-education/](http://www.taddlecreekfht.ca/programs/diabetes-education/)

