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Support For People with Diabetes

It's no surprise that living with diabetes can be a challenge to a person's physical and mental well-being. But knowing the symptoms of depression, and how to manage them, is often the first step to feeling better

- [Living With Diabetes](#)
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Getting Support

If you've been diagnosed with type 2 diabetes and are feeling overwhelmed, there are support programs and services across the country that can answer questions and provide advice on self-care. These resources offer information about diabetes signs and symptoms, food and lifestyle choices, and can empower you to lead a healthier life.

Keep talking

Make sure that you make time to talk to others. It's important to stay connected with your circle of friends and family. It is also good to realize that there are others out there who are sharing your experience.

Discover programs and events near you

Diabetes Canada offers a range of programs and events across the country.

Visit [Diabetes Canada](#) to search for a program or event in your community.

[1-800 BANTING \(226-8464\)](tel:1-800-BANTING)

info@diabetes.ca

diabetes.ca

Find a local support group

Local support groups are particularly useful.

Diabetes Canada has regional offices all across Canada that provide important programs and services for people living with diabetes.

[Visit Diabetes Canada](#) for more information and support about diabetes in your area.

Learn more about heart health

[The Cardiac Health Foundation of Canada](#) is a helpful resource that can provide more information and support for heart health.

You can also find a [list of other organizations](#) dedicated to heart health on their website.

Cardiac Health Foundation of Canada

[416-730-8299](tel:416-730-8299)

info@cardiachealth.ca

cardiachealth.ca



Caregivers

Does someone you love have diabetes? If you're interested in learning more about how to support someone with diabetes, you've come to the right place.

[HOW TO CARE FOR SOMEONE WITH DIABETES](#)

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