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Mental Health

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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Mental Health

Anxiety

About 14% of people with diabetes have generalized anxiety disorder.

People who have anxiety may have the feeling that “something is going to go wrong” or “I need to be sure nothing bad is going to happen.” Physical signs of anxiety can include:

- Muscle tension
- Feeling on edge
- Restlessness or irritability
- Sleep disturbance

Depression

One in three people with diabetes are affected by symptoms of depression.

Depression can affect both mental and physical health, making it harder for people with diabetes to take care of themselves and their blood sugar levels.

Symptoms of depression include sad or hopeless feelings that:

- Occur most days, or last most of the day
- Lasts more than two weeks
- Affects your work, as well as social relationships

Other symptoms of depression can include:

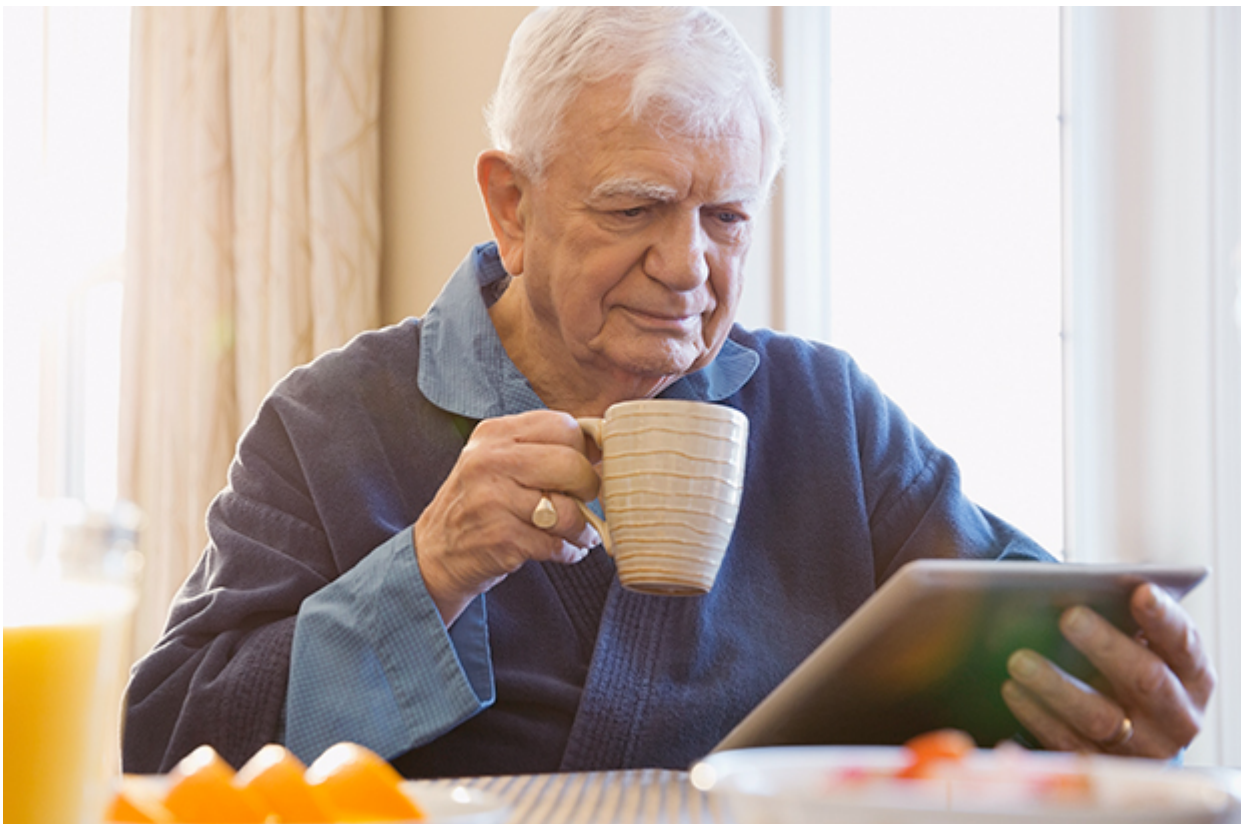
- Changes in appetite
- Sleep problems
- Loss of interest in activities you previously enjoyed

Depending on how severe the depression symptoms are, treatment for depression can include changes to lifestyle, adding medication or seeing a health care professional who specializes in mental health.

Feeling depressed? Speak with your doctor or [read more about what you can do if you're feeling depressed.](#)

Find more information on anxiety and depression at the [Centre for Addiction and Mental Health \(CAMH\)](#)

Having depression can affect how you take care of yourself, your blood glucose management and your overall quality of life. This can lead to additional diabetes-related health problems.



Getting Support

Asking for help isn't always easy, but it can often make the journey a lot smoother. We've put together some helpful resources for you to help you find your way.

[Find a resource](#)

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