ULTRA FOOT CARE

PATIENT RESOURCE 06 | MIND + BODY

Diabetes & depression



Your mental health matters, too.

Depression is more common in people living with diabetes. Help is available.

A two-way connection

Diabetes can affect mood

Daily care demands and health worries can add stress and affect mood.

Depression can affect care

Low mood can make meals, medicines and glucose checks harder.

Diabetes distress means feeling overwhelmed by diabetes care. It is different from depression, but both can happen together and deserve support.

Notice changes in how you feel

Low mood
Sad, empty or less interested

Sleep or appetite
Eating or sleeping more or less

Low energy
Tired, slowed down or withdrawn

Thinking
Trouble focusing or feeling hopeless

If symptoms last about 2 weeks, or sooner if daily life is affected, contact a clinician. These signs alone do not diagnose depression.

Three steps towards support

Talk to your care team

Ask for depression screening. Counselling, medication or both may help.

Make care manageable

Ask your diabetes team for a simpler plan. Keep taking medicines as prescribed.

Connect with someone

Tell someone you trust. Small routines for meals, sleep and safe movement can help.

Need urgent support?

Thinking about suicide? In Canada, call **988** or text **988**, 24/7. Immediate danger or unable to stay safe? Call **911** or go to an emergency department.

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General education, not a diagnosis. Contact your healthcare team for individual advice.

Sources (click): CDC: Diabetes & mental health | NIDDK: Diabetes distress | NIMH: When to seek help | Canada: 988

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