



DIABETES & MENTAL HEALTH

Thoughts, feelings, beliefs, and attitudes can affect the health your body. **Untreated mental health issues can make diabetes worse, and problems with diabetes can make mental health issues worse.** Fortunately, if one gets better, the other tends to get better, too.

Depression is a medical illness that causes feelings of sadness and often a loss of interest in activities you used to enjoy. It can get in the way of how well you function at work and home, including taking care of your diabetes. When you aren't able to manage your diabetes well, your risk goes up for diabetes complications like heart disease and nerve damage.



People with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Only 25% to 50% of people with diabetes who have depression get diagnosed and treated. But treatment—therapy, medicine, or both— is usually very effective. And without treatment, depression often gets worse, not better.

Symptoms of depression can be mild to severe, and include:

- Feeling sad, empty and tired
- Losing interest in favorite activities
- Overeating or not wanting to eat at all
- Not being able to sleep or sleeping too much
- Having trouble concentrating or making decisions
- Feeling hopeless, irritable, anxious, or guilty
- Having aches or pains, headaches, cramps, or digestive problems
- Having thoughts of suicide or death

If you think you might have depression, get in touch with your doctor or Employee/Member Assistance Program (EMAP) right away for help getting treatment. The earlier depression is treated, the better for you, your quality of life, and your diabetes.