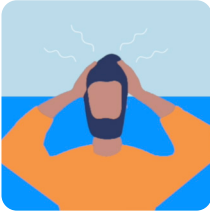


# DIABETES DISTRESS



# DIABETES DISTRESS



Diabetes distress is the burden you may experience as a person with diabetes. Diabetes has a big impact on your mental health. Diabetes is always with you - you never get a holiday from diabetes. One in three people with diabetes suffers from diabetes distress.



Diabetes distress can cause frustration, anxiety, anger, insecurity, tension, depression or feelings of guilt. It can cause you to take less good care of yourself, or alternatively to focus a lot on your diabetes and make (excessively) strict demands.



## **Do you suffer diabetes distress?**

Then talk to your treatment provider. Together you can discuss solutions or make adjustments to your treatment plan. A psychologist or community mental health practitioner can provide additional help if necessary.

WATCH THE VIDEO  
ABOUT DIABETES  
DISTRESS WITH  
THIS QR CODE.

