

REMEMBER!

- Diabetes can be overwhelming!
- Feeling sad, having the “blues”, or feeling “down in the dumps” for a few days is OKAY!
- Having these feelings for weeks is NOT OKAY
- Don’t be afraid to tell your family or medical provider
- Find some support



You can be happy again!



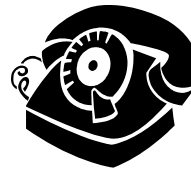
Your Community Health Center Cares About You

Want More Information?



Ask your medical provider.

Call the American Diabetes Association.
1-800-DIABETES
(1-800-342-2383)



Information is only for educational purposes and not intended as medical advice. To determine if it is appropriate for you, consult your medical provider.

Published by the Connecticut Department of Public Health, supported by Centers for Disease Control award #U32/CCU122680

Live free with diabetes Are You Depressed?

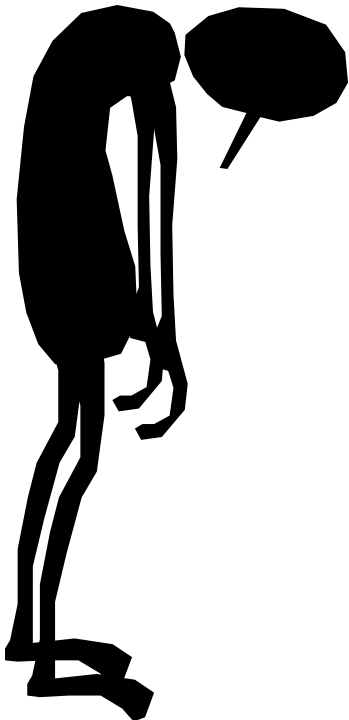


Your Medical Provider Can Help!

Depression is.....

- Feelings of sadness that interfere with daily life and normal functioning
- People who have diabetes sometimes get depressed

Is this how you feel?



Are you Depressed?

- Does sadness stop you from going out?
- Do you have trouble sleeping at night?
- Do you sleep a lot during the day?
- Has your appetite changed?
- Do you feel lonely?

If you answer yes to these questions, you may be depressed



Depression is a serious illness!

If you think you are depressed get help!

Talk to someone - your family, a friend, your medical provider

Do not be ashamed!

Depression does not mean you are crazy!

Depression does not mean you lack faith!