

NOW WHAT if I'm noticing signs of depression?

Everyone feels sad at times. It's part of the ups and downs of life, and those feelings typically pass. Unlike sadness, depression can cause severe symptoms that affect normal daily activities, such as sleeping, eating, and working.

FACTS FIRST: People diagnosed with diabetes are 2-3 times more likely to experience depression than people without diabetes. Still, only 25-50% of people with diabetes who have depression get diagnosed and treated. Some of the common symptoms of depression are:

- Feeling sad or empty
- Losing interest in favorite activities
- Overeating or not wanting to eat at all
- Not being able to sleep or sleeping too much
- Feeling very tired

- 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

ACT ON THE FACTS:

RECOGNIZE THE COMMON SIGNS AND SYMPTOMS AND SEEK HELP, IF NEEDED.

WHAT TO DO? If you are experiencing any of the symptoms listed above and are not currently under the care of a mental health professional, talk to your primary care doctor about depression. Whether it's therapy, medicine, or both, treatment for depression can be extremely effective.

 Know that you are not alone and help is available for you. To learn more about depression and treatment options, visit: <https://mentalhealthtx.org/common-conditions/depression/>

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

[EPDIABETES.ORG/NOW-WHAT/](https://epdiabetes.org/now-what/)