Diabetes and Mental Health

In the U.S., 17.9% of the population is affected by a mental illness; however, for people with diabetes this number is often greater and if left unrecognized can have a serious impact on diabetes management. The good news is a diabetes educator can work with individuals to create a diabetes care plan that supports their overall mental health and addresses challenges.

Focus on the overall psychological health as part of an individualized management plan.

Refer individuals to appropriate mental health services and follow up with them to understand how their treatment is progressing.

Do not assume that a physical symptom is the result of a mental illness. Diabetes care and education should always be individualized, but no automatic modification should be made based on the presence of a psychiatric diagnosis.

Challenge stigmatizing beliefs held by others and recognize your own personal bias.

For more information on diabetes and mental health go to DiabetesEducator.org/mentalhealth

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