

Friends and Family

The ABC's of what to do if you suspect your loved one is facing a mental health issue surrounding or alongside their diabetes.

Act now. Early intervention can be crucial in determining your child's quality of life and how they handle their disease long term.

Build a multi-disciplinary team with both diabetes and mental health experience. Many diabetes clinics employ a mental health specialist to help with issues that might come up. If you can't find providers that have both it's time to

Call DBH's 24-Hour Hotline so we can search our Nationwide database of experts and find the right referral for your loved one.

Discover as much about your loved one's mental health diagnosis as possible.

Empower them to make mistakes, so they'll have the resiliency to bounce back and keep going on bad days with worse sugars.

Find a therapist for yourself. Diabetes and mental health issues are both conditions that affect the whole family, esp. the caregiver!

Give some space. Most teens report the feeling of having the "diabetes police" always hovering as being a factor in their stress.

Have an open && honest conversation about your concern, without judgment. They are probably just as confused and scared as you.

It's going to be OK!

Email our Parent Support Liaison
DawnLeeAkers@DBHorg

Contact Us

Call our **24 hour crisis hotline** at
(425) 985 - 3635

Visit us online at **www.DBH.org**

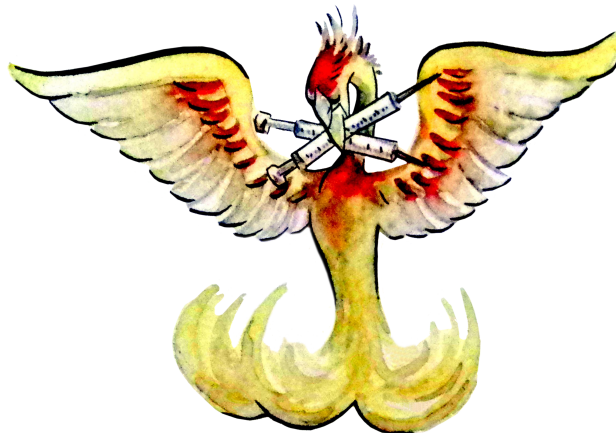
Join our online support group at
<https://www.facebook.com/groups/DiabetesAndMentalHealth/>

Follow us on Instagram
@DiabulimiaHelpline

Follow us on Twitter
www.twitter.com/DiabulimiaHelp

Email Founder & Executive Director
Erin@DBH.org

We are always looking for volunteers! For information on how you can get involved, please email us at
info@DBH.org



The material in this pamphlet is for informational purposes only and is not intended to constitute medical advice. Always consult a physician or other qualified health provider for diagnosis and treatment of any health related matter.



Diabetes and mental health issues are too often considered taboo subjects, but these two topics are unmistakably intertwined. The key to any healthy life is finding balance between giving our body what it needs to survive and feeding our spirit what it craves to live.

*At **DBH** we think you can **Dream** for a life outside of your diabetes, **believe** in yourself even when you fall down && know even in the darkest of moments there is **Hope**.*

Services We Offer

- 24 hour crisis hotline **(425) 985-3635**
- 4 online support groups
- National referral service to help you find the right treatment center, doctor, therapist or support group for you.
- 3 time Nationally recognized, insurance specialist to help you obtain treatment.
- Peer-led Mental Health Education Sessions for teens
- International Conference on Diabetes & Eating Disorders

Depression & Anxiety

Statistics show that a type 1 diabetes diagnosis leads to a **3X greater risk of developing depression & 2X greater risk of developing anxiety.**

Types of Anxiety

- Generalized Anxiety Disorder
- Panic Disorder
- Social Anxiety Disorder

Signs you may have Clinical Depression



Physical Changes

Lethargy
Feeling sick and run down
Insomnia or excessive sleeping
Extreme weight changes
Sudden appetite changes



Emotional Changes

Anger
Frustration
Thinking 'this is all my fault'
Feeling worthless
Unhappiness
Indecisiveness
Disappointment
Sadness



Behavioral Changes

Inability to focus
Lose desire to leave house.
Pull away from loved ones
Having trouble getting things done
Stop doing things you used to enjoy
Use alcohol or drugs excessively



Diabetes Burnout

The body's physical response is often highly impacted by the mental reaction to a situation. For instance, the body releases the hormone cortisol when the brain gets stressed. That cortisol then raises blood sugar, all without a drop of food entering your system. In fact,

There are 42 different known factors found, so far, that affect blood sugar!

With all those variables affecting your body, even if you did same thing every day for the rest of your life, you'd get different BG results. Yet, the goal is perfection- every minute of every day from first finger-prick. This drive for perfection leads to **Diabetes Burnout:**

A state in which a person with diabetes has grown so tired of managing their illness that they simply stop, for an undetermined period of time.

While burnout looks different on every person with diabetes, it often revolves around isolation and avoidance.

Tips to Recover from Burnout

- Manage your expectations. NO ONE is perfect 100% of the time. It's OK to make mistakes.
- Celebrate the small victories! Even small steps take you towards your goal. Every move forward matters!
- REACH OUT!!! Contact a diabetes camp friend, find a local JDRF meet-up or search out facebook support groups.

Eating Disorders

Women with type 1 diabetes have a 2.4 times greater risk of developing an eating disorder than their non-diabetic peers.

Multiple studies indicate that 30%-35% of women and 11% - 17% of males with type 1 diabetes have at least one form of recognized purging behavior.

The intense focus that diabetes places upon nutritional information, the conscious restrictions of certain dietary ingredients, and the necessity of maintaining a sharp awareness of carbs can cause people with diabetes to be atypically sensitive to the effects of food.

There are people that have gone through this and come out on the other side, and they're not amazing people. They're not shiny, happy people. They're just regular people who never felt like they could do it, but did.

Caroline



Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope by Dr. Ann Goebel-Fabbri

Remember, mental health issues are not a matter of will power, or choice. They are real conditions that affect millions of people across the globe.

If you're ever thinking about harming yourself, please immediately reach out to the Suicide Prevention Lifeline at 1(800) 273-8255