Resources for People with Diabetes

Living with diabetes means making many changes in your life, and these changes may seem overwhelming. That's a normal reaction. When you feel down, reach out to your family and friends. Your health care team is also there when you have questions or need advice.

How to Help Yourself

- Do things that you enjoy, like seeing a favorite movie, reading a good book, or listening to music.
- Call a good friend just to chat.
- Take a walk. Physical activity can relieve stress and lift your mood.
- Stick to your treatment program. Keeping your blood glucose in your target range will help you feel better.
- If you feel your plan isn't working for you, is too cumbersome, or is too expensive, discuss this with your doctors.

How to Get Help from Others

- Talk to your friends and family about how you're feeling. Give them information, like this health sheet, to help them understand more about diabetes.
- Join a diabetes support group. Support groups let you talk to other people with diabetes and share concerns, experiences, and tips for solving problems.
- Your local library, community center, church group, senior center, or hospital may have information about support groups in your area.
- Some health care organizations support Internet-based "chat groups."

Resources

These organizations provide information, educational programs, and other services. They are there to help you.

- **American Diabetes Association**

  800-342-2383

  www.diabetes.org

- **National Diabetes Information Clearinghouse**

  800-860-8747

  www.diabetes.niddk.nih.gov

- **American Heart Association**

  800-242-8721

  www.heart.org

- **Academy of Nutrition and Dietetics**

  www.eatright.org

- **Juvenile Diabetes Research Foundation**

  www.jdrf.org

Tell your health care provider if you're feeling helpless or hopeless or are having trouble sleeping or eating. These may be symptoms of depression, a serious but treatable problem.

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