



# LIVING A BALANCED LIFE WITH DIABETES:

## Depression Checklist

National Diabetes Education Program



### DIABETES AND DEPRESSION: IS THERE A CONNECTION?

Many American Indians and Alaska Natives have diabetes. Anyone who has this illness knows that, on some days, managing diabetes can be hard and stressful. Sometimes it can be too much to handle. Feeling sad or depressed may make it harder for you take care of yourself, and keep your blood sugar levels under control.

Feeling down once in a while is normal. However, if you feel sad, don't want to do things you once enjoyed, or feel tired on most days, then you may be depressed.

### THE GOOD NEWS

If you're feeling down or depressed, don't keep it to yourself. Talk to your health care team (your doctor, diabetes educator, nurse, psychologist, or social worker). They can help you get the support you need.

Talking to an elder, a spiritual counselor, or a friend that you trust can help you find new ways to deal with things that may be bothering you.

If you have been thinking about hurting or killing yourself, get help. Tell someone. You can get support from the National Suicide Prevention Hotline at **1-800-273-8255**, or visit **[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**.



### Here is a checklist of symptoms of depression:

Check the items that you are dealing with:

- I feel empty or sad for most of the day
- I sleep too much or too little
- I don't want to do things that I used to enjoy
- I'm losing hope
- I feel slowed down or restless
- I eat more or less than I used to, with weight gain or weight loss
- I feel tired all of the time
- I have trouble thinking or staying focused
- I feel like you never do things right and worry that you are a burden to others
- I think of death or suicide

If you checked five or more of these items and you have had them for longer than two weeks, you could be depressed.

### Questions to ask your doctor if you think you may be depressed:

- I'm worried that I may be depressed. What can I do to feel better?
- What can I expect if you send me to talk with a mental health professional?
- What kind of medicine helps with depression?
- If I am given medicine for depression, how long will it take for me to feel better?



## **WHERE TO GET MORE INFORMATION ABOUT DIABETES OR DEPRESSION:**

### **National Diabetes Education Program**

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

[www.YourDiabetesInfo.org/i-have-diabetes/](http://www.YourDiabetesInfo.org/i-have-diabetes/)

1-800-438-5383

### **American Indian and Alaska Native Women and Depression**

[www.nami.org/Template.cfm?Section=Women\\_and\\_Depression&Template=/ContentManagement/ContentDisplay.cfm&ContentID=88885](http://www.nami.org/Template.cfm?Section=Women_and_Depression&Template=/ContentManagement/ContentDisplay.cfm&ContentID=88885)

### **American Diabetes Association**

[www.diabetes.org/in-my-community/programs/native-american-programs/](http://www.diabetes.org/in-my-community/programs/native-american-programs/)

[www.diabetes.org/living-with-diabetes/complications/mens-health/emotional-health](http://www.diabetes.org/living-with-diabetes/complications/mens-health/emotional-health)

1-800-342-2383

### **National Diabetes Information Clearinghouse**

[www.diabetes.niddk.nih.gov/dm/pubs/americanindian/index.htm](http://www.diabetes.niddk.nih.gov/dm/pubs/americanindian/index.htm)

1-800-860-8747

### **Mental Health America**

[www.mentalhealthamerica.net/go/depression](http://www.mentalhealthamerica.net/go/depression)

### **National Institute of Mental Health**

[www.nimh.nih.gov/health/publications/depression/index.shtml](http://www.nimh.nih.gov/health/publications/depression/index.shtml)

1-866-615-6464

### **Substance Abuse and Mental Health Services Administration**

[www.whatadifference.samhsa.gov/native/](http://www.whatadifference.samhsa.gov/native/)



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[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or 1-888-693-NDEP (6337), TTY: 1-866-569-1162