



## Diabetes and Mental Health

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Something that people don't realise, people who don't have diabetes is that the mental side is just as "there" and present as the physical side.

So obviously, you've got to deal with insulin injections and carb counting and blood sugar but a whole massive aspect of it that normally, a lot of time people don't talk about, is mental health. It's always there no matter what. No matter, you know, 24/7, no matter what you're doing. Whether you are at university or at home or in the park or on a night out. It's just always there. You've always got to think about it and that's kind of one of the toughest parts.

I think I could deal with the injections and blood tests but the worst part is just feeling overwhelmed and feeling like you're constantly alone. I think I just would have liked to know that it's not the end of the world because it definitely felt like it was because I felt so sick and so ill all the time and then I get this diagnosis and they were like, you're going to have to do this for the rest of your life and I was, like "oh my god", my life is actually just over.

Going on Diabetes UK and reading people's stories, other people my age, people who have been diagnosed at uni, where they were yeah students. Or, people who have been diagnosed as a child and they've lived with it for so much longer than I have. And it definitely helped me realise that I wasn't the only one going through it, as much as it can feel like that sometimes. There are people all around the world who are having to deal with it.

I think in terms of GPs and health practitioners in general, there's a lot more that can be done. Because they don't tend to ask you about your mental health. They ask you about your physical health. How has your blood sugar been? Checking your HbA1c levels etc. but they never ask you, like, how are you dealing with it? Is there anything that we can do to support you in terms of your mental health?

We know diabetes can be tough. If you need need someone to talk to, we are here for you.

Diabetes UK

