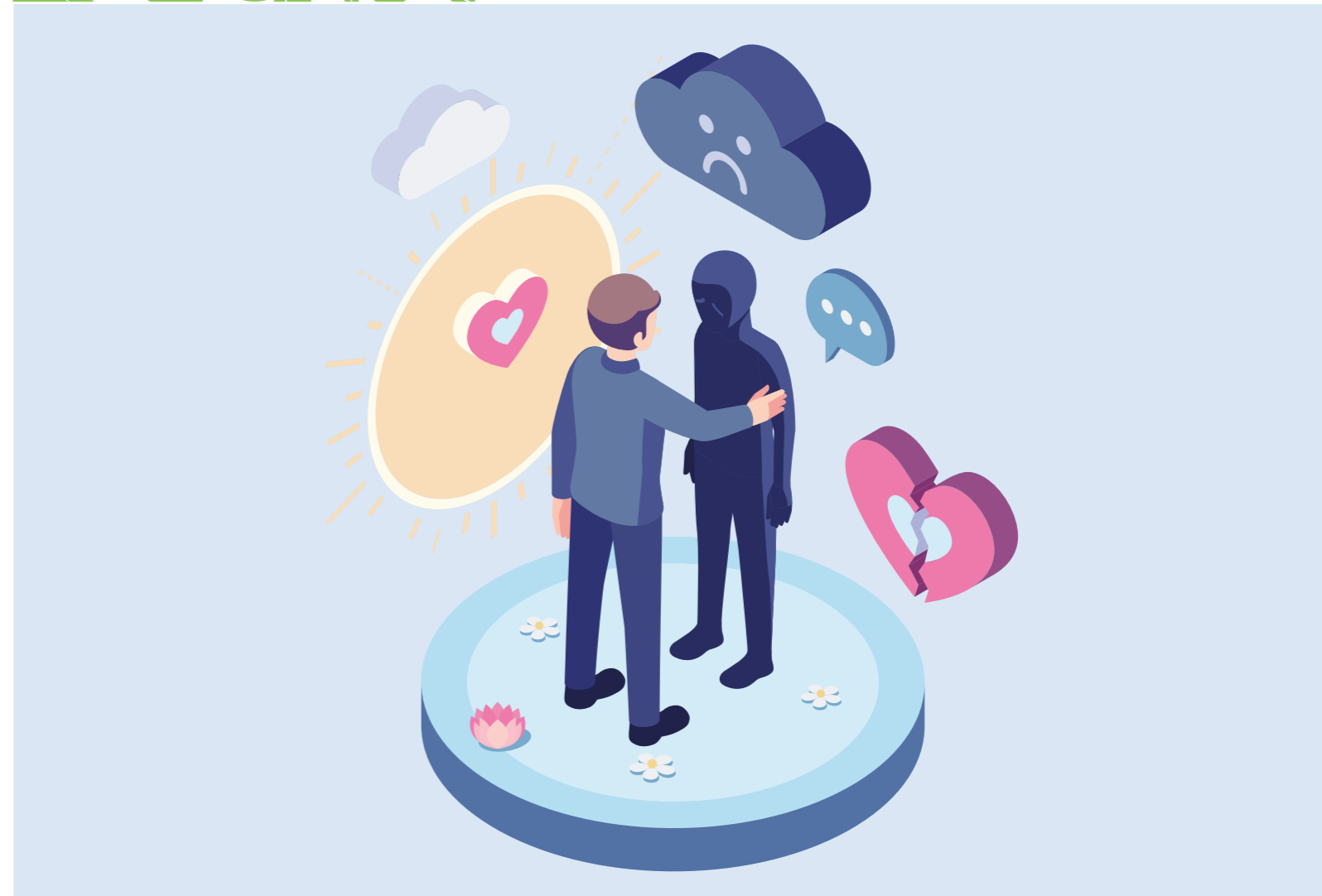


Diabetes and Psychological Wellbeing



Patient and Family Education
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What does diabetes mean?

- Diabetes changes how your body gets energy from sugar.
- It can alter how your body and mind feel.

Different kinds of diabetes:

- If you have Type 1 Diabetes, your body can't make insulin on its own.
- If you have Type 2 Diabetes, your body doesn't use insulin correctly.
- Gestational diabetes is a type that only happens during pregnancy and goes away after the baby is born.

How Does Diabetes Make You Feel?

- Stressed: Being worried about your health all the time can make you feel stressed.
- Feeling Down: Taking care of diabetes can be hard at times.
- Feeling Alone: You might think that no one knows what you're going through.

Useful Advice:

- Be nice to yourself. It's okay if some days are tough.
- Pay Attention to What You Can Control: You can choose to feel better.
- Remember to celebrate small wins! Every little healthy choice, like having a healthy snack, counts!
- If you need help, don't be afraid to ask for it.
- If you have diabetes, you're not alone. A lot of people get help and feel better.

Taking Care of Your Mind and Body

- Diabetes means taking care of your body and how you feel. Don't let bad things get you down. If you need help, ask for it. And remember that you're not alone!

How to cope better with Diabetes

- Find Out More About Diabetes: It can make you feel better to know more.
- Talk to People You Trust: Talk to your friends or family.
- Take a few deep breaths or go for a walk to calm down.
- If you need help, talk to a counsellor. They can help you feel better.
- Share Your Feelings: If you're sad or angry, let someone know.

How to Get in Touch:**The National Centre for Diabetes:**

- Call 16099
- Email address: dehgh1@hamad.qa

National Mental Health Helpline number

- call 16000 and press "4" for mental health services.

Don't forget:

- You're not by yourself.
- Like taking care of your diabetes, it's also important to take care of your mental and emotional health.

When they're open - Clinic and consultation:

- Sunday through Thursday: 7 a.m. to 3 p.m.
- Diabetes Hotline: 7 a.m. to 3 p.m.
- Services for the Diabetes Hotline: 16099.