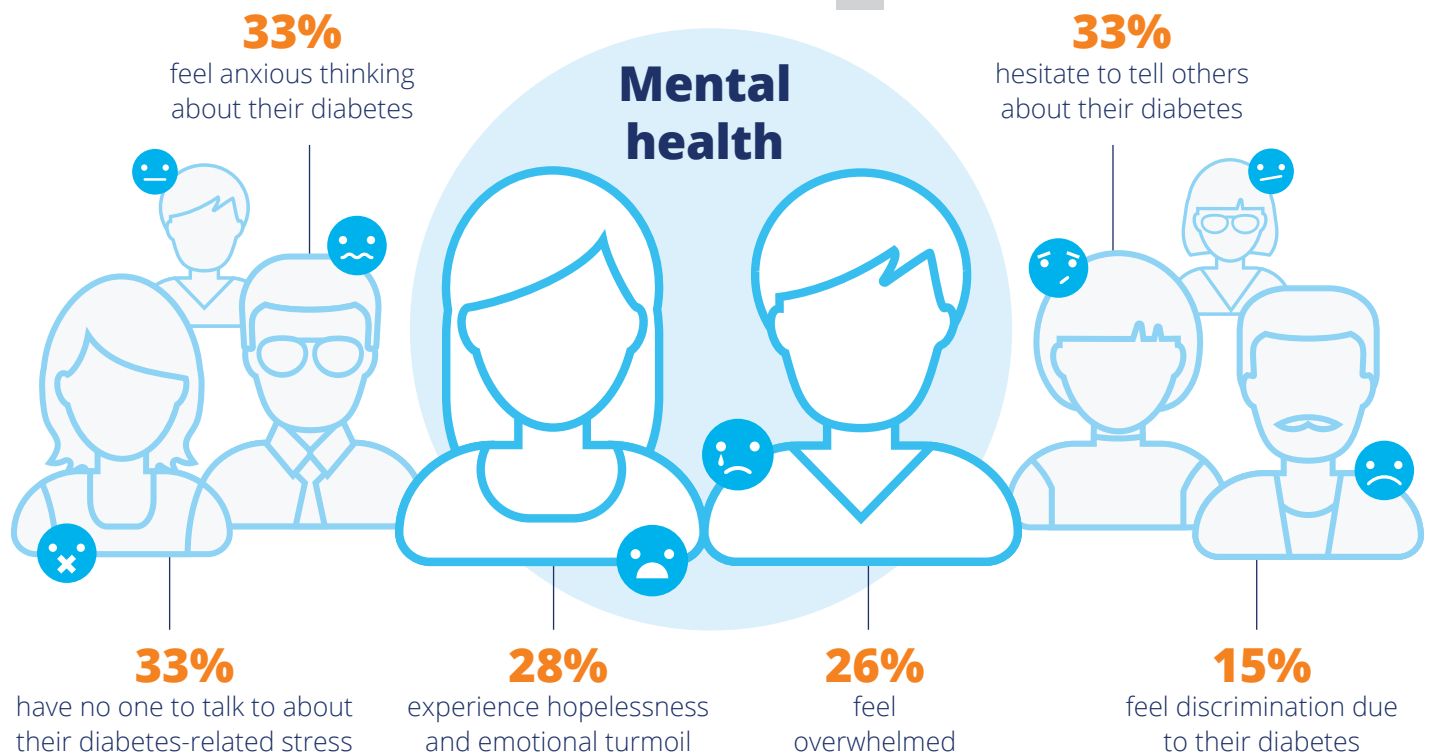
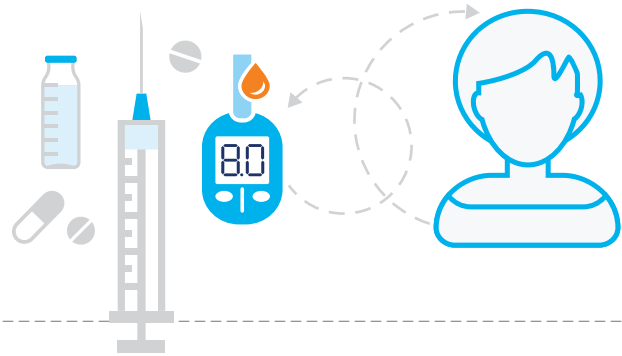


# Diabetes, mental health, stigma and discrimination

## Diabetes and mental health are connected.

Being diagnosed with diabetes and then living with its demands often leads to anxiety and stress. People with diabetes experience stigma and discrimination at work, school and in public places. Those with mental health conditions are also at higher risk for developing diabetes.



## Making a difference together – mental health

Diabetes Canada is working to reduce the mental health toll, stigma and discrimination against people with diabetes by:

**Raising awareness** among Canadians through accurate information

**Advising** governments about policies that support people with diabetes in workplaces and schools

## Join us to End Diabetes

Diabetes Canada relies on generous donations from people like you to help us support Canadians with diabetes or prediabetes on a national scale with our population impact strategy. Donate now at [diabetes.ca/donate](https://diabetes.ca/donate).



[diabetes.ca](https://diabetes.ca)  
1-800-BANTING (226-8464)

**DIABETES CANADA** | **END DIABETES**