

# Diabetes: A Family Matter

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**Depression and Diabetes**  
**Depression can be treated.**  
**Don't suffer alone.**

Many people with diabetes also suffer with depression

Depression affects the ways you think, feel, and act.

Families sometimes do not know what to do. See your doctor and tell them about what is happening. **Help can be found.**



Persons who are depressed may change eating habits. Sleep is often a problem. Things once important may not be enjoyed.



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