



Your Diabetes Care Team *– Behavioral Health Specialist*

What is a behavioral health specialist?

When you have a cold or a broken arm, a medical provider can treat you for your illness. However, who can you go to when you need help learning how to live a healthy life with diabetes? A behavioral health specialist is trained to work with you to promote a healthy lifestyle.

How can a behavioral health specialist help you?

You may consider seeing a behavioral health specialist when you are:

- Adapting to life in the U.S. while managing diabetes.
- Adjusting to and accepting a new diagnosis. Being diagnosed with diabetes can be stressful. It may be hard to fit your diabetes care into the lives of you and your family.
- Having a hard time caring for your diabetes and other responsibilities, such as your job and caring for your family.
- Feeling stressed by diabetes. Stress can cause muscle pain, sleep problems, and mood changes. Managing your stress may improve sleep, energy, mood, and increase enjoyment in activities.
- Struggling with understanding your diabetes. There is a lot of information you need to know about diabetes. This information can be hard to understand when it is not available in your language or appropriate to your culture.
- Having difficulty explaining diabetes to other people.

How to find a behavioral health specialist near you

You can find a behavioral health specialist at Joslin Diabetes Center. You can also talk to your physician about referring you to a behavioral health specialist, or visit <http://locator.apa.org/>