Mental Health Resources

- Diabetes Distress Scale (DDS): https://behavioraldiabetes.org/xwp/wp-content/uploads/2015/11/The-DDS-witrh-scoring-recommendations-current-version-December-2017.pdf
- Depression Screening (PHQ-9): https://www.mdcalc.com/phq-9-patient-health-questionnaire-9
- To access mental health services in your area, call the designated number on health plan/insurance card.
- The ADA Mental Health Provider Referral Directory:https://professional.diabetes.org/mhp_listing
- National Suicide Prevention Hotline: **1-800-273-8255**
- Crisis Text Line: Text “**HOME**” to **741741** for 24/7 crisis support