The American Diabetes Association (ADA) encourages participation in diabetes support groups. Diabetes can feel like an overwhelming disease because it impacts so many areas of your daily life. By sharing experiences, group members can feel part of a community and gain a greater sense of value and power from this feeling of belonging. Additional benefits of participating in a support group are reducing distress, depression, anxiety, fatigue, receiving practical suggestions or information about treatment options, share diabetes recipes, and learn from guest speakers.