

Sarah Lam

Diabetes Clinical Psychologist

A clinical psychologist who is passionate about helping people live well with diabetes. With over twenty years of experience in public and private diabetes centres, she has gained unique insights into the daily challenges of living with diabetes, and how to effectively navigate them.



Sarah Lam currently serves as the Senior Clinical Psychologist at Bankstown Hospital Diabetes Centre.

She is regularly invited to speak to people living with diabetes and to diabetes clinicians due to her ability to present practical information based on her extensive clinical experience.

She has presented to consumers at large events such as the JDRF T1D Summits and Diabetes Expos, as well as smaller gatherings within diabetes centres or support groups. These talks cover a broad range of topics relating to diabetes and emotional health, including diabetes distress, body image challenges, weight management issues, depression, and anxiety. She advocates finding the right balance between diabetes care and other important aspects of life, and she has spoken of this on the Correction Dose podcast.

Beyond direct clinical work, Sarah contributes to encouraging clinicians to incorporate emotional support into routine clinical care. She speaks at universities, conferences and diabetes centres, and has published articles in diabetes and endocrinology journals. She is also involved in various training programs to assist diabetes clinicians to learn strategies for better whole person diabetes care.

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