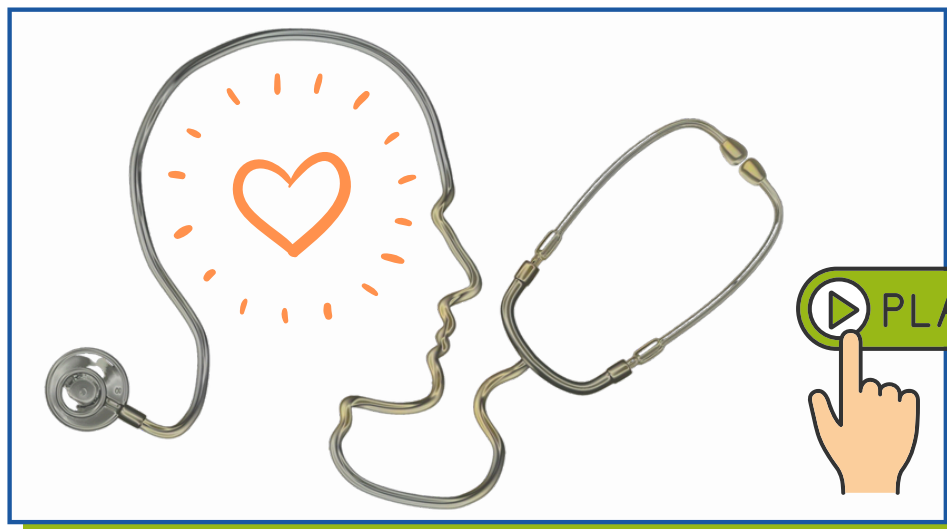


## MENTAL HEALTH & DIABETES




### AIM:

This topic explores the **impact of living with diabetes** on someone's **mental health** and **vice versa**. Depending on selected CDEP level, it focuses on:

- ✓ The **prevalence and range of mental health issues** in people living with diabetes;
- ✓ The **impact of mental health** on a person's **ability to self-manage** and be able to encourage **appropriate self-care strategies**;
- ✓ **Key tools** used to **detect mental health difficulties** and **when** they might be used;
- ✓ Providing **first-line mental health support** and trigger **local referral pathways**, if further input is required.

### DURATION:

 This topic will take **30–60 minutes to complete**

The completed topic will generate its own **certificate, reflection form** for revalidation and appraisals... as well as **CDEP rewards!**



CDEP is **award winning!** This confirms that our training is on target and proving its value. Sign into CDEP and see for yourself!



**QIC Diabetes**  
Quality in Care Programme 2023



Sign into **CDEP** and start

**MENTAL HEALTH AND DIABETES** today!



For more information, pls email us on [info@cdep.org.uk](mailto:info@cdep.org.uk)

