

# Do you have diabetes and a severe mental illness?

## We need you



People with **severe mental illness** are more likely to have **diabetes**



**Poor management** of both of these conditions can lead to **shorter lives**



A tailored programme like **DIAMONDS** can help, but **we need you...**

## Our project



**DIAMONDS** is a 6 month supported self-management programme to help people make **lifestyle changes** to live better with diabetes and mental health



We are running a study to find out if the **DIAMONDS programme works**



We need adults from **different backgrounds** who have diabetes and a severe mental illness to participate

## How you can help



**Get in touch** to find out more using the **details below**



**Meet** with a member of the team to find out if you can **take part**



Your participation could help us to **improve your health**, and the lives of people like you

Contact us: Emma Tudor at [emma.tudor@cpft.nhs.uk](mailto:emma.tudor@cpft.nhs.uk)

01223 219577 or Olivia Hales at [olivia.hales@cpft.nhs.uk](mailto:olivia.hales@cpft.nhs.uk)

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