

# Bringing Mental Health into Focus in Diabetes Care



Mental health and emotional wellbeing are essential parts of living well with diabetes. While awareness is growing, emotional support remains a significant area for improvement in diabetes care. We know that emotional well-being plays a vital role in self-management, health outcomes, and overall quality of life.

## The Mind-MAP\* Study is changing that.

We've launched the **largest national study** of emotional well-being in Australians living with diabetes.

Over 7,900 adults will be followed over 3 years to:

- Track emotional wellbeing over time
- Identify risk and resilience factors
- Inform tailored support pathways and resources

## Why MIND-MAP is important

As a health professional, your role is pivotal in bridging the gap between physical and mental health in diabetes care.

This research will help:

- Build evidence-based tools for routine care
- Equip services to better support emotional needs
- Strengthen prevention and early intervention efforts
- Give your clients a voice in shaping future care

## Help us reach your clients



### The study is now open

Scan the QR code or visit:

 [redcap.link/7f4ddset](https://redcap.link/7f4ddset)

Together, we can close the mental health gap in diabetes care.

*The Mental health IN Diabetes and Monitoring AND Pathways study is proudly led by the Australian Centre for Behavioural Research in Diabetes - A partnership between Deakin University and Diabetes Victoria – and supported by the National Health and Medical Research Council*

