

Sandwell Healthy Minds

Improving Emotional Health for People Living with **Diabetes**

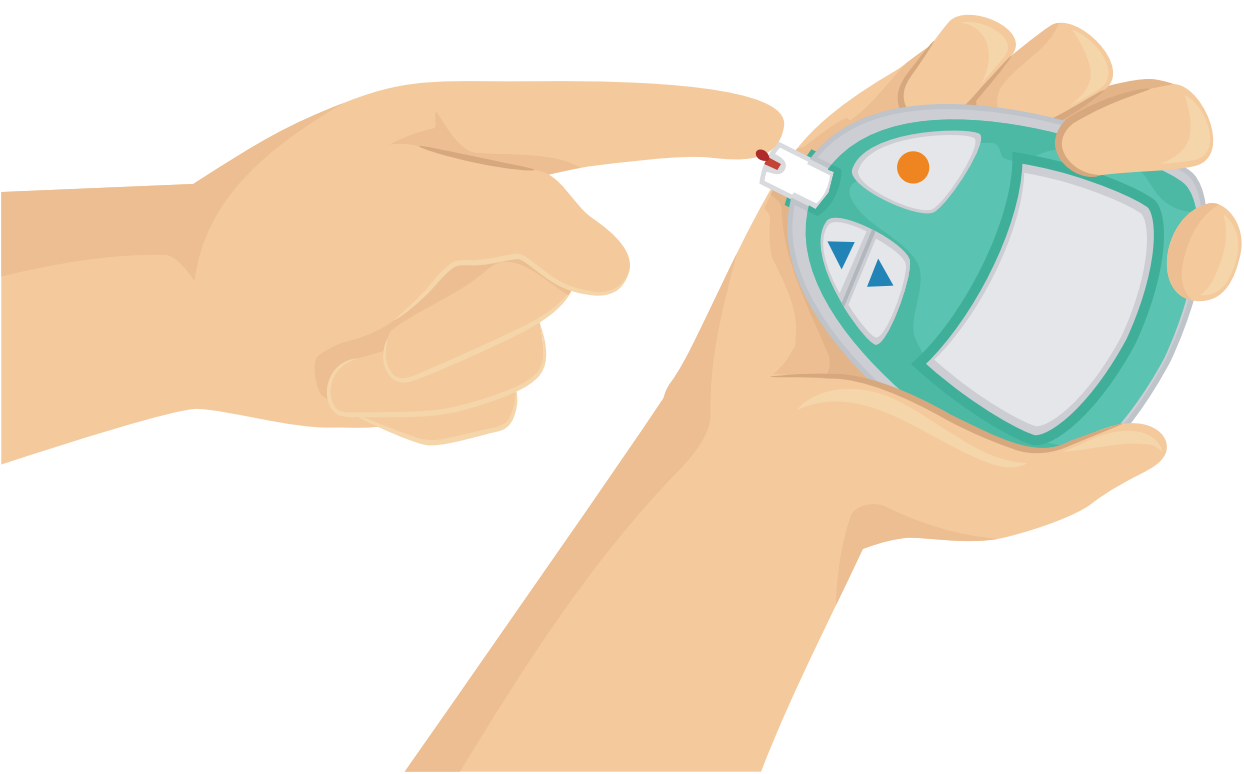
Online Therapy programmes using psychological techniques to help with

Stress

Anxiety

Worries

Depression

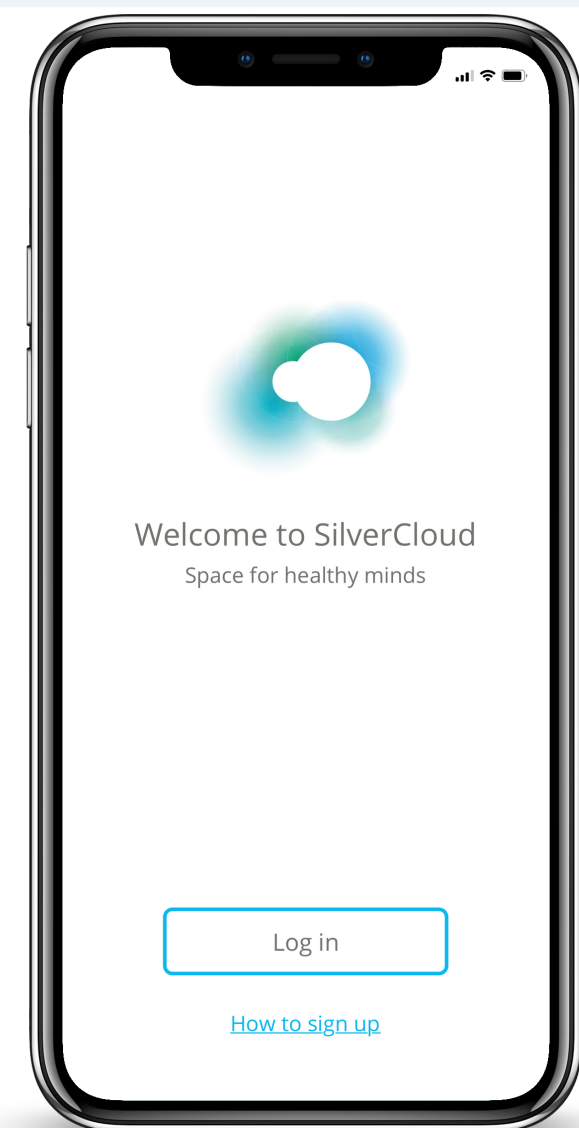


Tailored specifically to help people with **Diabetes**

Take courses at your own pace

You choose how you receive guidance, online or over the phone from a qualified Sandwell Clinician

Available on all Mobiles, Tablets or Computers



SCAN ME

Scan this code using your phones camera and use access code **DIABETES**



www.sandwellhealthyminds.nhs.uk

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