



BRIGHTSPARK
CARE LAB

UNDERSTANDING THE MENTAL HEALTH EXPERIENCES OF YOUTH WITH TYPE 2 DIABETES



Why does it matter?

- Youth with T2D have complex experiences related to mental health that are not well understood.
- Understanding the range of these experiences over the long term can inform how we communicate about and support youth with T2D

What is involved?

- Register as a user in Brightspark online platform.
- Access to a device and internet connection.
- Complete baseline questionnaires.
- Complete a monthly module for 12 months where you will answer questions about your experience and express them using images, artworks or videos.
- Contribute to creating a knowledge tool to share findings.

Who can participate?

- English speaking youth and young adults (ages 10-35).
- Diagnosed with T2D on or before 18 years of age.
- Lives in Canada.
- Parent or guardian of a youth who meets the above criteria.

We will count on you to:

- Create your **Brightspark** profile.
- Take part in interactive monthly modules.
- Prioritize youth needs in Brightspark.

You will receive a honorarium for participating!

A \$20 gift card per completed module and \$100 for participating in the educational resource development.

Contact Us

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Rady Faculty of
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