

DSHS GRAND ROUNDS

Diabetes' Toll on Mental Health

Nicole Bereolos, PhD, MPH, CPH, MSCP, CDCES, FADCES

Clinical Psychologist, Certified Diabetes Care and Education Specialist

This presentation will discuss the effects that living with diabetes has on one's mental health. Diabetes distress, disordered eating, and anxiety will be explored. There will also be a discussion about how one can provide support for people living with diabetes which includes a survey of available resources.

WHEN

**Wednesday, November 19, 2025
11:00am – 12:30pm**

WHERE

GoToWebinar

Objectives:

1. Identify daily struggles when living with diabetes that go beyond blood sugar numbers.
2. Apply strategies to help people with diabetes cope with the stress of living with a chronic condition.
3. Use behavioral health resources for people living with diabetes.

The DSHS Continuing Education Program has approved credits or contact hours for the following professions listed on page 2.



TEXAS
Health and Human
Services

Texas Department of State
Health Services

dshs.Texas.gov/grandrounds

CONTINUING EDUCATION

The DSHS Continuing Education Program offers 1.50 credits or contact hours to participants that miss no more than 10-minutes of the 90-minute webinar and complete the post-activity evaluation survey by November 26, 2025. Visit the DSHS Grand Rounds [Continuing Education | Texas DSHS](#) website for full accreditation information.

Certified Health Education Specialists (CHES)

Certified in Public Health (CPH)

Certificates of Attendance (COA): *All attendees are eligible for a COA*

Continuing Medical Education (CME): *AMA PRA Category 1 Credits™*

Licensed Marriage and Family Therapists (LMFT)

Licensed Psychologists (LP)

Licensed Professional Counselors (LP)

Nursing Continuing Professional Development (NCPD)

Social Workers (SW)

