Weill Cornell Medicine

Community Health Series

Monday
November 16, 2026
2:00 – 3:00 p.m.
Virtual Seminar

Diabetes and Mental Health: Supporting a Balanced Mental and Physical Wellbeing

Managing diabetes can be challenging and may affect emotional wellbeing, and depression can make it more difficult to maintain healthy routines and manage a chronic condition. People with diabetes experience major depressive disorder at higher rates than the general population, highlighting the important connection between physical and mental health.

Join us for an exploration of the relationship between diabetes and major depressive disorder (MDD), why people with diabetes may be at greater risk and how depression can affect diabetes management and quality of life. This session will also discuss signs and symptoms to watch for, when to seek support and approaches that can help promote mental and emotional wellbeing.

Presenters:



Stephanie Cherestal, Ph.D.
Assistant Professor of Psychology in Clinical Psychiatry
Weill Cornell Medicine



Kate Herts, Ph.D
Clinical Assistant Professor of Psychology in Psychiatry
Weill Cornell Medicine

This seminar is FREE and open to the public.
Registration is required for Zoom information.

To register, visit **bit.ly/WCMDiabetesMentalHealth**
or scan QR code: