

Dr. Sue Varma, MD Bio

Dr. Varma, one of the nation's foremost mental health authorities, is truly a multidimensional expert. Dr. Varma is an esteemed physician and board-certified psychiatrist, a nationally acclaimed medical commentator, media advisor and consultant, internationally renowned keynote speaker, educator, and author. Dr. Varma's dedication to mental health is underscored by her pioneering role as the inaugural medical director and psychiatrist of the esteemed 9/11 mental health program at NYU.

As a Distinguished Fellow of the American Psychiatric Association (APA), the highest distinction bestowed upon its members, Dr. Varma exudes excellence. Her work as a cognitive behavioral therapist, a couples therapist, and psychopharmacologist with a thriving private practice in the heart of New York City spans two decades. At New York University (NYU) Langone Health, Dr. Varma continues to impart her expertise as a Clinical Assistant Professor of Psychiatry.

Her stature as a nationally acclaimed medical commentator is evident through her regular appearances on top news programs, where she lends insight to critical mental health discussions. Whether navigating post-tragedy landscapes or elucidating complex research, her presence graces renowned programs such as the Today Show, Nightly News, CBS Mornings, and Good Morning America. She frequently lends her expertise to influential publications like Time and The Washington Post. She has participated in over 1500 media interviews, addressing topics ranging from the adolescent mental health crisis to burnout, relationships, and beyond. Dr. Varma has dedicated over 200 hours to medical talks on platforms like Sirius Satellite, Dr. Radio, and NPR answering live calls.

Dr. Varma's pivotal involvement in prime-time specials and documentaries, including "NBC Nightly News with Lester Holt", ABC's "20/20", and "Today Show" specials with the Surgeon General, Maria Shriver, and other health advocates, underscores her commitment to shaping accurate and credible narratives in mental health reporting. Yet, Dr. Varma's influence extends beyond media as she actively shapes conversations about mental health. As a consultant and advisor, she guides both medical practitioners and media outlets toward sensitive and credible mental health coverage. Dr. Varma contributes her expertise to the APA's national communications council and collaborates with investigative journalists, advises morning news teams, underscoring her status as a thought leader. Dr. Varma led the CBS Mornings news team in a national, month-long award-winning, "Stop the Stigma" campaign. She recently presented alongside CBS national investigative reporters at the IRE '23 convention.

A highly sought-after speaker, Dr. Varma's eloquence transcends audiences, from C-suite executives to students, parents, and healthcare professionals. Her authoritative voice has elevated discourse on topics such as trauma, resilience, optimism, mental wellness.

Dr. Varma covers an array of topics for workplace wellness including self-compassion, psychological safety, work-life balance, women's health, prevention, and workplace diversity. She also imparts wisdom to Fortune 500 companies on the evolving landscape of work engagement. Regardless of the topic, one thing remains consistent, Dr. Varma's messages resonate as inspirational, heartfelt, and hopeful.

An educator at heart, teaching is Dr. Varma's true calling. When not attending to patients, she imparts her knowledge to clinicians and trainees at NYU Langone Health on courses including psychopharmacology, psychopathology, and psychiatric interviewing.

Dr. Varma's accolades echo the significance of her contributions. Her trailblazing contributions have garnered a slew of prestigious awards, including the inaugural Sharecare Emmy Award, the Ivan Goldberg Outstanding Service Award, and a Mayoral Proclamation for her 9/11 work. Recognized by the IndoAmerican Psychiatric Association's Outstanding Public Sector Award, Dr. Varma's influence spans media, medicine, education, and underserved communities. Her recognition as one of the world's top five leading health experts by Global Citizen, as well as her participation in a United Nations international relief events featuring luminaries like Lady Gaga, Michelle Obama, and Oprah, speaks volumes about her impact.

Central to Dr. Varma's approach is the "4 Ms of Mental Health," a framework championing daily habits that foster mood enhancement, through mindfulness, mastery, movement and meaningful engagement. Through her work she advocates the transition from dysfunction to function and from functional to optimal states. These concepts are comprehensively explored in her upcoming book, *Practical Optimism: The Art, Science and Practice of Exceptional Wellbeing* (Penguin Random House, 2/2024), soon to be available in multiple languages.

Connect with Dr. Varma on social media: IG/Twitter/LinkedIn/FB @doctorsuevarma and explore her selected media interviews at www.Vimeo.com/suevarma.

Pre-order her transformative book, *Practical Optimism* by Sue Varma, M.D.: 9780593418949, via PenguinRandomHouse.com: Books.

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