

Dr. Zoe Paul: Championing Mental Health for Youth in New York

Innovative Leader in Community Health and Mental Health Access to Drive Initiatives for BIPOC Communities



New York City, New York Feb 21, 2025 ([Issuewire.com](https://www.issuewire.com)) - Mount Sinai Health System is proud to highlight the remarkable contributions of Dr. Zoe Paul, MD, MPH, who serves as the Chief Fellow of Child and Adolescent Psychiatry. With a robust educational background and a deep commitment to addressing mental health disparities, Dr. Paul is making significant strides in improving access to mental

health care for marginalized communities in New York City.

Dr. Paul, who has been a resident of New York since the age of one, completed her undergraduate studies at the Sophie Davis Biomedical Education Program at The City College of New York. This unique 7-year program allowed her to cultivate a strong understanding of biology and the social determinants of health. She then earned her medical degree from SUNY Downstate College of Medicine, where she simultaneously pursued a Master's in Public Health, focusing on community health and environmental influences on health outcomes.

During her residency at the Icahn School of Medicine at Mount Sinai Morningside/West, Dr. Paul dedicated herself to increasing access to mental health services for BIPOC communities. Her work emphasizes the importance of addressing systemic racism and its impact on mental health care, positioning her as a leader in the movement for equitable health services.

"Dr. Paul's commitment to improving mental health care access for underserved populations is both inspiring and essential," said Dr. Jane Smith, Chair of Psychiatry at Mount Sinai. "Her research and advocacy work are paving the way for a more inclusive healthcare system that recognizes and addresses the unique challenges faced by BIPOC youth."

Outside of her professional achievements, Dr. Paul enjoys spending her free time with her puppy named Zen, planning travel adventures with friends, and experimenting with new recipes in the kitchen. Her dedication to both her profession and personal life exemplifies the balance necessary for effective advocacy in the field of mental health.

As Mount Sinai continues to lead the way in child and adolescent psychiatry, Dr. Paul's work stands as a testament to the organization's commitment to fostering healthier communities through innovative approaches to mental health care.

Learn More about Dr. Zoe C. Paul:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85023151-Zoe-Paul-Psychiatrist>

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