

Dr. Jessica Ables: A Leader in Psychiatry and Neuroscience at Icahn School of Medicine at Mount Sinai

New Contributions to Mental Health and Research at Mount Sinai



New York City, New York Aug 26, 2025 ([Issuewire.com](https://www.Issuewire.com)) - The Icahn School of Medicine at Mount Sinai proudly recognizes Dr. Jessica Ables, an Assistant Professor of Psychiatry and Neuroscience, for her significant contributions to the fields of mental health and neuroscience. With an impressive educational background and a commitment to advancing research, Dr. Ables continues to enhance the

institution's reputation as a leader in medical education and patient care.

Dr. Ables completed her undergraduate studies in Chemistry at Southwestern University in Georgetown, Texas, before pursuing her passion for medicine and research through the esteemed Medical Scientist Training Program at UT Southwestern Medical Center in Dallas. There, she earned her PhD in Integrative Biology, which laid the foundation for her future work in understanding the complexities of mental health. Following her time at UT Southwestern, Dr. Ables graduated from the Icahn School of Medicine at Mount Sinai, solidifying her connection to this prestigious institution.

After her graduation, Dr. Ables further honed her expertise during a four-year postdoctoral fellowship in molecular neuroscience at The Rockefeller University. She then returned to Mount Sinai to complete her residency training in Psychiatry, during which she earned multiple accolades, including membership in the Alpha Omega Alpha honor society and the Outstanding Resident Award Program.

In her current role, Dr. Ables leads the Ables Lab at Mount Sinai, where she conducts pioneering research focused on the basic biology underlying mental illness. Her research interests encompass critical areas such as the effects of diabetes on brain function and the mechanisms of tolerance and addiction. Additionally, Dr. Ables dedicates one day each week to the Student Trainee Mental Health Program at Icahn, demonstrating her commitment to nurturing the next generation of mental health professionals.

Dr. Ables has been recognized with several prestigious awards, including the NARSAD Young Investigator Award from the Brain & Behavior Research Foundation and a Pathways Award from Alkermes, Inc. Her research has received further support through grants from the Whitehall Foundation, underscoring her status as a leading scholar in her field.

As a board-certified psychiatrist and a licensed physician in New York State, Dr. Ables's contributions to her patients and the broader medical community continue to make a profound impact. Mount Sinai proudly supports her efforts and looks forward to the advancements she will bring to the understanding and treatment of mental illness.

Learn More about Dr. Jessica Ables:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83087536-Jessica-Ables-Psychiatrist>, or through Ables Lab at Mount Sinai, <https://labs.icaohn.mssm.edu/ableslab/>

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Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Jessica Ables

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