



TOLA T'SARUMI

Addiction Expert | Addiction Psych MD | Psychiatrist

MEDIA BIO

Dr. Tola T'Sarumi is a Psychiatrist and Addiction expert who helps professionals and physicians overcome addiction, depression, and suicidal thoughts.

She's the Director of Dr. Tola and creator of Addiction Support System, an online platform, community program, etc. that uses a multi-step integrative therapeutic framework that incorporates extensive research, clinical practice, and listening to hundreds of patients with addiction, to guide patients to a place of recovery and wellness. After seeing the devastation of alcohol and drug addiction in her family, Dr. Tola now uses her expertise and Addiction Support System framework to help others.

Dr. Tola has been tapped as an expert professional for publications, podcasts, and film, where she speaks about mental health topics, such as addiction, suicide, and depression on numerous stages. Dr. Tola completed her residency at Columbia University/ NYC and her fellowship in addiction psychiatry at Harvard. She received an award from the American Academy of Addiction Psychiatry, has also received an award from Columbia University/ NYC for her work on physician suicide. She has been featured in Medscape, the Canadian Medical Journal, the American Association of Publishing Leadership, The American Journal on Addiction, Health eCareers; The Washington Post; Authority Magazine, Thrive Global, and on podcast shows.

AREAS OF EXPERTISE

- ❖ Coping with Anxiety and Addiction
- ❖ Ignite Your Self Confidence
- ❖ Daily Self Care Love Challenges for Addiction Recovery
- ❖ Thriving After Addiction
- ❖ From Addiction to Unstoppable
- ❖ Overcoming Addiction
- ❖ From Burnout to Restored The Physician Formula
- ❖ How to Overcome Physician Overwhelm (physician suicide)
- ❖ Impact of Addiction on mental health

CREDIBILITY/AUTHORITY

MEDIA/SPEAKING:



SOCIAL MEDIA



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