

Margaret Seide M.S., M.D Biography

Dr. Margaret Seide has been trained at New York University and Johns Hopkins University and is board-certified in psychiatry and neurology. In addition to operating her own private psychiatry practice in the financial district of New York City, she is currently on faculty at NYU providing mental health services in the emergency room setting and assists in the training of resident physicians. In addition to her publications in peer reviewed journals and textbooks and piloting programs at several institutions, she has accolades for her teaching abilities.

From being the daughter of a Haitian immigrant taxi driver and a home attendant, to now being part of the 2% of Black psychiatrists in the US, Seide is an unexpected success story on all counts and truly embodies the concept of the American dream. The backdrop of her early childhood was the tough neighborhood of East New York, Brooklyn during the height of the crack-cocaine epidemic. Today, her office is situated just steps away from the New York Stock Exchange. It's where Wall Street's elite financiers, bankers and lawyers come to seek confidentiality, unburden themselves and process their high-pressure lives. Seide's well-heeled client base hasn't stopped her from being vocal about social injustices and her views on the experiences of marginalized groups in media. She has also made herself available to provide pro bono mental health services to several high-profile victims of police brutality.

Dr. Seide believes that so many people suffer in silence because they don't want to be identified with "those people" with mental health diagnoses. That's why for over 10 years, Seide has dedicated her career to destigmatizing what it means to be a depressed or anxious person. She has used her practice to facilitate real change in her patients' lives and foster conversations that matter while not shying away from tough topics like anger, anxiety, depression, eating disorders, addiction, psychiatric medication, gender identity, race, trauma, women issues, bipolar disorder and more.

Before beginning her private practice, Dr. Seide was the sole psychiatrist on the Detox and Rehabilitation Program at Staten Island University Hospital. As an Associate Professor, she spent time teaching the anatomy of addiction to those caught in the cycle of substance dependence, making concepts such as the reward system of the brain accessible to her patients. To date, she has been featured in top tier publications like SELF Magazine, Healthline, NBC News, New York Post, Insider, CBS News, Good Housekeeping and more. She continues to be a sought-after voice on all things mental health for her REAL approach to matters of psychology.

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Margaret Seide M.S., M.D Abridged Biography

New York City based Margaret Seide MD completed her residency at John Hopkins University and is board-certified in psychiatry and neurology. In addition to operating her own private psychiatry practice in New York City, she is part of NYU's department of psychiatry faculty. From being the daughter of a Hattian immigrant, to now being part of the 2% of Black psychiatrists in the US, Seide is an unexpected success story on all counts. For over 10 years, Seide has dedicated her career to destigmatizing mental health in the mainstream realm. She specializes in topics like anxiety, depression, addiction, self-esteem, trauma, bipolar disorder and more. She wants the world to understand that depression can happen to anyone, even successful and highly capable people. To date, she has been featured in top tier publications like Healthline, NBC, New York Post, Insider.

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