



Nikole Benders-Hadi, M.D.

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Dr. Nikole Benders-Hadi, a board-certified psychiatrist, serves as the chief medical officer at Talkspace, a prominent online and mobile mental health company based in New York City. In her role, she oversees the company's clinical strategy and operations, ensuring members receive top-quality care by prioritizing clinical excellence, outcomes, and research. Dr. Benders-Hadi is also at the forefront of innovation, leveraging technology to enhance access to mental health services and improve treatment outcomes. With over 15 years of experience as a practicing psychiatrist, she is committed to reducing mental health stigma and delivering high-quality treatment to help patients maintain a high quality of life. Her research and writing primarily focus on women's mental health issues, as well as patient-centered and recovery-focused treatment programs. Dr. Benders-Hadi previously held the position of chief of psychiatry at Rockland Psychiatric Center and was the vice president of behavioral health at Included Health. She holds a B.A. degree in public health from Johns Hopkins University, earned her medical degree and completed her residency at the NYU Grossman School of Medicine, and completed a fellowship in public psychiatry at Columbia University.