



Dr. Mary Odafe

Clinical & Scientific Affairs Liaison
Modern Health

Dr. Mary Odafe is a Clinical Psychologist and Clinical and Scientific Affairs Liaison at Modern Health. She earned her PhD from the University of Houston, where her work focused on cultural factors impacting health for marginalized populations.

A published researcher and digital health strategist, Dr. Odafe bridges clinical science and real-world application—helping organizations translate evidence-based mental health practices into support that is practical, inclusive, and accessible at scale. Her work centers on improving workplace well-being through clinically grounded, human-centered approaches.