



**DOCTOR**  
*Shiromi*



- Passionate General Practitioner
- CEO and Founder of The Cloud GP
- Mental Health Speaker
- Youth Mental Health Advocate
- Regular Mum and Labrador Mum

## SPEAKING TOPICS

- Preparing for a Successful GP Mental Health Consultation: Navigating Your Appointment with Confidence
- Breaking the Silence: Overcoming the Stigma of Depression and Anxiety
- Foundations for a Healthy Mind: Pro-action is Better than Reaction
- The Path to Long Term Mental Health and Well-being: How to find a Great GP

## PROFESSIONAL MEMBERSHIPS



RACGP



Medical Board  
Ahpra



MDA National

## FIND ME



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## ABOUT DR SHIROMI

Dr. Shiromi has been a doctor for 15 years. She obtained her medical degree from Melbourne's prestigious Monash University and completed her internship and residency at Alfred Health. She loves chatting with patients, listening to their unique stories, and helping them get back on track so they can live life as the best version of themselves. After completing her specialist training and becoming a Fellow of the Royal Australian College of General Practitioners, she advanced her skills and completed further training in psychological strategies, subsequently establishing a high-school mental well-being program.

Dr. Shiromi is passionate about mental health and feels privileged to help patients who courageously step into her office to seek help. She prides herself on supporting patients make positive lifestyle changes, gain an established skill set to help manage worries, and, most importantly, find a sense of relief that all will be okay. Dr. Shiromi is a strong advocate for empowering her patients to stay informed and engaged, paving the way for accelerated progress and better health outcomes.

Dr. Shiromi is a leader for change and innovation. She is the Founder and CEO of The Cloud GP. Their signature course is an online, self-directed mental health program that helps patients overcome symptoms of depression and anxiety while they wait to see a psychologist. The Cloud GP's mission is to provide access to timely, evidence-based GP-led mental health support for all Australians.

**PODCAST  
GUIDE**

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