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Dr. Khalid-Khan, a child and adolescent psychiatrist, completed her psychiatric training at the Institute of Pennsylvania Hospital, Children's Hospital of Philadelphia (CHOP) and University of Pennsylvania (UPENN), Philadelphia, Pennsylvania. She worked as Assistant Clinical Professor of Psychiatry and Medical Director of the Mood and Anxiety Disorders Section at University of Pennsylvania (UPENN) before joining the faculty at Queen's University in 2008.

Currently Dr. Sarosh Khalid-Khan is Associate Professor of Psychiatry and Deputy Head Academic Affairs in the Department of Psychiatry at Queen's University and on staff at the Hotel Dieu Hospital in the Division of Child and Adolescent Psychiatry where she manages the Mood and Anxiety Disorders Clinic. Her areas of interest are: prevention of childhood anxiety disorders, psychotherapeutic interventions in adolescent mood and anxiety disorders, enhancing primary care capacity to treat childhood psychiatric disorders and transcultural psychiatry. Currently she is working with the Limestone District School Board in Kingston, to implement anxiety prevention programs in schools and enhancing capacity in primary care physicians for treatment of childhood psychiatric disorders