Dr. Elmarie Du Toit was born in South Africa, where she graduated from the University of Stellenbosch. She did her internship in Windhoek, Namibia. She worked as a family physician in Cape Town before moving to Shaunavon, SK in 2006. She started work at the Student Wellness Centre in 2011, and takes great pride in being part of a multidisciplinary team.

Dr. Du Toit enjoys working with children and young adults, with a focus on mental health issues. In her free time, she enjoys traveling and spending time with her family.