

Introduction

Welcome to Dr. K's Guide to Mental Health, I'm glad you're here! You know, it's odd because one of the things I miss after starting Healthy Gamer is being able to help people along their individual journeys. I really enjoy doing clinical work and sitting down with someone one-on-one. It's why we created stream the way that we did, and it is the foundation of our coaching program.

I realize y'all are about to engage in the opposite - watch a series of videos. But, what I've really tried to do is capture the essence of what I do with people 1-on-1 - these modules are the script that runs through my head and the bullet points I've shared with hundreds of people on their journey; and I hope they are helpful for you too.

Thanks for giving this a shot; I hope this helps, and I hope to meet each and every one of you in person one day. Even though that is quite insane. But hey, it's how I feel, so I'm going to accept my feelings, even if they are an impossibility. GL HF.

To your mental health,

A handwritten signature in black ink, appearing to be 'AK' followed by a long, wavy horizontal line.

Alok Kanojia (Dr. K), MD MPH