Back to School with Dr. Alfiee and The AAKOMA Project!

We hope that our teen friends and fam have a great transition back to school this year. Even though this is an exciting time, for some teens big transitions can bring big stress (sometimes connected to depression and anxiety). We wanted to share just a few lessons learned from our research with teens that we think can help parents and loved ones out when needed.

**WHAT ADULTS CAN DO**

- Be a Good Listener
- Check in Regularly
- Model Self-Care
- Brainstorm an action plan together

**WHAT TEENS SAY**

- I juggle my depression management
- All depression therapy looks the same
- I don't trust that adults can/will help me

**HAPPY SCHOOL YEAR!**

Dr. Alfiee
love. light. science.

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