

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!

