

K.N.O.W. **2** PREVENT

KNOWLEDGE NETWORK
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A WESTCHESTER VIRTUAL SPEAKER SERIES

You can't PREVENT
what you don't know!

THURSDAY, JANUARY 29

7-8:30 PM

Dr. Alok Kanojia



MD MPH
President &
Co-Founder of
Healthy Gamer

Alok Kanojia, MD, MPH, also known as "Dr. K," is the world's foremost authority on mental health for the gaming community. He is a graduate of Tufts University School of Medicine and did his psychiatric residency at Massachusetts General Hospital in Boston and McLean Hospital in Cambridge, Massachusetts. A former Harvard Medical School instructor specializing in mental health for the gaming community, he is the president and cofounder of Healthy Gamer, a mental health platform that provides content, coaching, and community resources to help young people take control of their mental health and their lives. A highly sought-after speaker and esports performance coach, he and his wife live in Texas, with their two young daughters who love video games.

Understanding Video Game Addiction:

Dopamine, Motivation, and Supporting Kids at Home

This session will break down why video games can become so absorbing for young people and how a hobby can quietly shift into something that affects school, sleep, mood, and family dynamics. We will talk about what is happening in the brain during gaming, why "just limit the screen time" isn't enough, and how to approach conversations without power struggles or shutdowns. Dr. Alok Kanojia (Dr. K) is a Harvard-trained psychiatrist, content creator with over 3M followers on YouTube, and co-founder of Healthy Gamer. He will share clear, practical tools to recognize when gaming is becoming a problem, support motivation outside of games, and rebuild trust and cooperation at home. Parents will leave with clear tools to help kids develop balance, self-awareness, and a healthier relationship with gaming and technology.



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