

Build the life you want

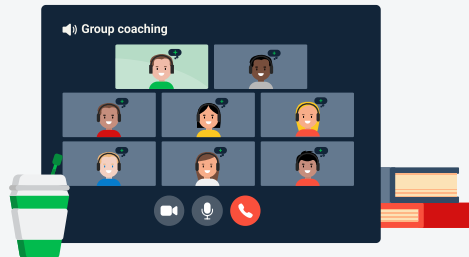
Healthy Gamer Coaching is a tailored program to help people through their mental health journey. Founded by Dr. Alok Kanojia, a Harvard-trained psychiatrist and recovered video game addict, our approach helps you better understand how your mind works to provide a path forward -- so you can build a life that achieves your goals.



Group Coaching

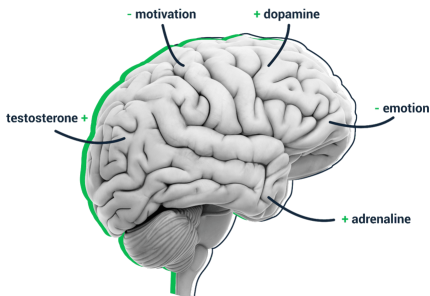
Healthy Gamer Coaching bridges the gap in mental health with affordable, online coaching that drives real results. Coaches lead groups to improve mental wellness and make real life changes.

- You + Your coach + 6 others
- Gain insight from multiple perspectives
- Grow in a supportive environment led by your coach
- Learn to recognize your value and agency



4.4 SATISFACTION OUT OF 5 FROM 27,804 RATINGS

Support that drives results



Coaches are personally trained, selected, and supervised by Dr. Alok Kanojia to drive change towards a stronger state of mind. Our peer coaching model means that your coaches get it, because they've been there.

- 45% improvement in feelings of anxiety
- 47% improvement in feelings of depression
- 32% improvement in sense of life purpose
- 25% improvement in sense of control