



TV | Podcasts | Radio | Social Media Collaborations

JODI AMAN DOCTOR OF SOCIAL WORK

Jodi Aman has 28 years of experience as a clinician understanding young people and the problems that affect them. She created C.O.M.P.A.S.S., an emotional wellness curriculum for middle and high school health classes designed to mitigate symptoms of anxiety and depression.

With her YouTube videos, TEDx Wilmington talk, "Calm Anxious Kids," and her award-winning books, she's helped over 2 million parents, educators, counselors, and teens understand and reverse the current mental health crisis.



Giving expert advice on

FAMILY MENTAL HEALTH & YOUTH MENTAL HEALTH

COLLECTIVE AND PERSONAL TRAUMA

FINDING HAPPINESS IN AN UNCERTAIN WORLD

DIGITAL DEPRESSION



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