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Dr. Neha Chaudhary, MD, is a double board-certified child, adolescent, and adult psychiatrist at Harvard Medical School and Massachusetts General Hospital and is Chief Medical Officer at Modern Health. Dr. Chaudhary is also cofounder of Brainstorm, Stanford's Lab for Mental Health Innovation. She's a writer and medical journalist, with articles and advice featured in [The New York Times](#), [The Washington Post](#), [Forbes](#), [CNN](#), [ABC News](#), [Good Morning America](#), [Wired](#), and more.