



PRESS KIT · 2026

DR. KOJO

WHERE MY ADHD PEOPLE *at?*

Dr. Kojo Sarfo is a Los Angeles stand-up comedian and content creator whose comedy is about ADHD, autism and neurodivergent life. He is headlining comedy clubs on The Big Neurodivergent Comedy World Tour.

Kojo Sarfo, DNP (he/him) · a doctorally prepared psychiatric nurse practitioner (DNP). His comedy is entertainment, not medical advice.



2B+ **150M+** **6.8M+**
views in 2025 views a month followers

3.1M

TikTok
@dr.kojosarfo

2.3M

Facebook
/drkojosarfo

917K

Instagram
@drkojosarfo

336K

YouTube
@drkojosarfo

162K

Threads
@drkojosarfo

131K

Snapchat
@drkojosarfo

BIO

A Ghanaian-American who started school in an ESL program, Kojo earned a Doctor of Nursing Practice at Augusta University and worked for years in psychiatric hospitals. In grad school he found out he had ADHD himself. He started posting about it in 2019, millions of people recognized themselves, and he moved to Los Angeles to create full time.

His "Autism vs ADHD vs AuDHD" sketches and stand-up sets are shared by an audience that is mostly women ages 20 to 42 in the US, UK and Canada.

TV & SCREEN

- **Netflix** John Mulaney Presents: Everybody's in L.A.
- **NBC · TODAY** Feeling Good! and one of his short films featured
- **ABC7 Los Angeles** Mental Health Mondays with Dr. Kojo



BIG MOMENTS

ROOMS HE'S BEEN *invited* INTO

- Speaker on the Academy of Motion Picture Arts and Sciences' mental health panel; helped promote the 95th Oscars
- Selected by the White House as one of its healthcare leaders on social media
- NBC's TODAY: his book *Feeling Good!* and one of his short films featured
- Mental health initiatives with the LA Rams and the Arizona Diamondbacks
- Meta's Black Creator Program

PRESS

Netflix · TODAY · ABC7 · The Washington Post · TIME · Los Angeles Times · Business Insider · Cosmopolitan · HuffPost · BuzzFeed · PopSugar

LIVE

DR. KOJO LIVE!

The Big Neurodivergent Comedy World Tour. Club headline sets on ADHD, autism, AuDHD, dating and growing up with a brain nobody explained. 2026 rooms include Houston, Nashville, New York, Chicago, Detroit, Seattle, Atlanta and San Diego.

SPEAKING

Comedy keynotes, panels, stand-up sets and fireside chats for colleges, conferences and companies. In person or virtual.

BOOKS & PODCAST

Feeling Good! A Mental Health Workbook (Adams Media / Simon & Schuster, 2022) · *You Already Won* (2019) · The Neurodivergent Struggles Show



High-res photos, logos and bios: kojosarfo.com/press-kit