

DEALING WITH MENTAL ILLNESS

OR: HOW I LEARNED TO DISLIKE MYSELF LESS

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@JDDoesDev • Slack(s): Dorf

DISCLAIMERS:

- NOT A DOCTOR
- NOT A LAWYER
- POSSIBLE NAUGHTY LANGUAGE
- IT'S ABOUT TO GET PERSONAL

WHY ARE WE HERE?

TODAY, THAT IS

**SO LET'S HAVE A
CONVERSATION!**

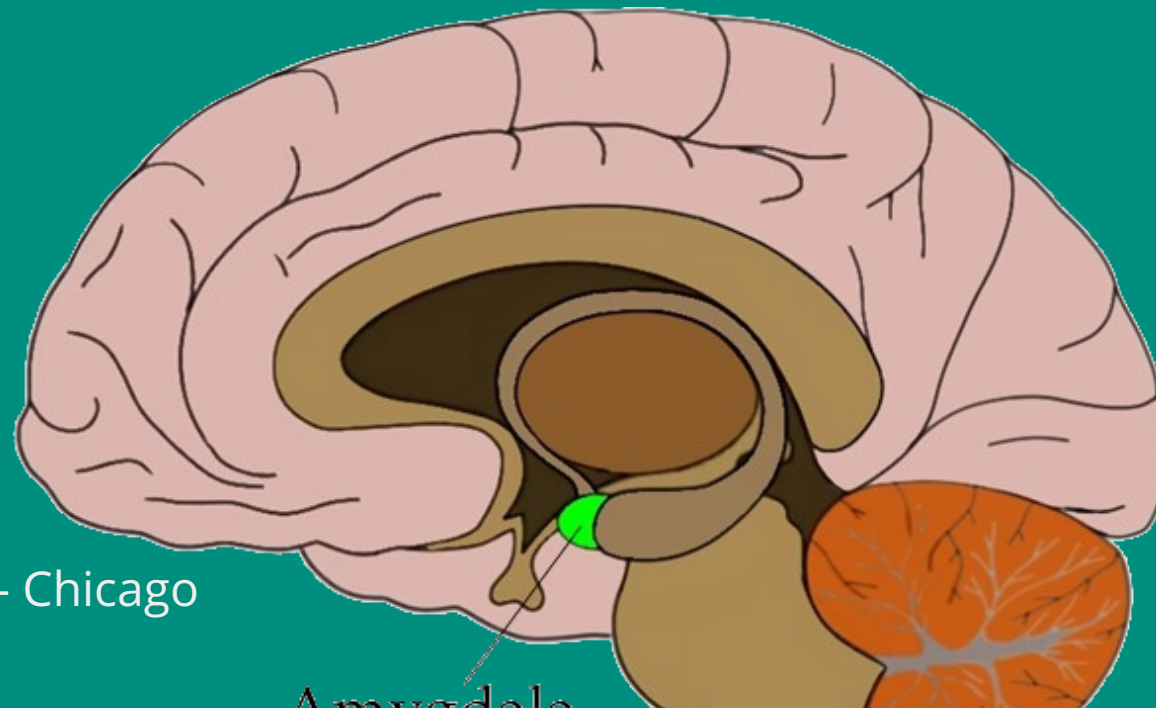
YOU FIRST

WHO IS THIS GUY?

OH YEAH, I HAVE MENTAL ILLNESSES

MAJOR DEPRESSION

ANXIETY DISORDER



AWS Community Day - Chicago

@JDDoesDev

Amygdala

POST TRAUMATIC STRESS DISORDER

ATTENTION DEFICIT

HYPERACTIVITY

DISORDER

**I HAVEN'T HAD MENTAL ILLNESS VERY
LONG
(ON PAPER)**

HOW DID I GET HERE?

THE DREADED STIGMA

INTRODUCING: MY NEMESIS



I ACCEPTED I NEEDED HELP

**FINALLY, I GOT
TREATMENT!**

WE'RE NOT ALONE!

**I WAS SICK FOR A LONG TIME, BUT I
REFUSED TO ADMIT IT**

**NOW I'M STRONGER THAN FEAR, AND YOU
CAN BE TOO**

LET'S TALK MORE!