

DEALING WITH MENTAL ILLNESS

OR: HOW I LEARNED TO DISLIKE MYSELF LESS

J.D. Flynn, Drupal Technical Architect

@JDDoesDev • Slack(s): Dorf

Chicago PHP Meetup • #OSMI

HELLO!

DISCLAIMERS:

DISCLAIMERS:

- **NOT A DOCTOR**

DISCLAIMERS:

- **NOT A DOCTOR**
- **NOT A LAWYER**

DISCLAIMERS:

- **NOT A DOCTOR**
- **NOT A LAWYER**
- **POSSIBLE NAUGHTY LANGUAGE**

DISCLAIMERS:

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

WHY ARE WE HERE?

WHY ARE WE HERE?

TODAY, THAT IS

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

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

YOU FIRST

WHO THE HECK IS THIS GUY?

WHO THE HECK IS THIS GUY?

OH YEAH, I HAVE MENTAL ILLNESSES

WHY DO I CARE?

WHY DO I CARE?

I'm not weak; I'm sick

WHY DO I CARE?

I'm not damaged; I have a disease

WHY DO I CARE?

It's not a choice; It's a condition

**WHAT IS MENTAL
ILLNESS?**

**JUST WHAT MENTAL ILLNESSES ARE YOU
DEALING WITH, YOU ASK?**

JUST WHAT MENTAL ILLNESSES ARE YOU DEALING WITH, YOU ASK?

- Major Depression

JUST WHAT MENTAL ILLNESSES ARE YOU DEALING WITH, YOU ASK?

- Major Depression
- Anxiety Disorder

JUST WHAT MENTAL ILLNESSES ARE YOU DEALING WITH, YOU ASK?

- Major Depression
- Anxiety Disorder
- PTSD

JUST WHAT MENTAL ILLNESSES ARE YOU DEALING WITH, YOU ASK?

- Major Depression
- Anxiety Disorder
- PTSD
- ADHD

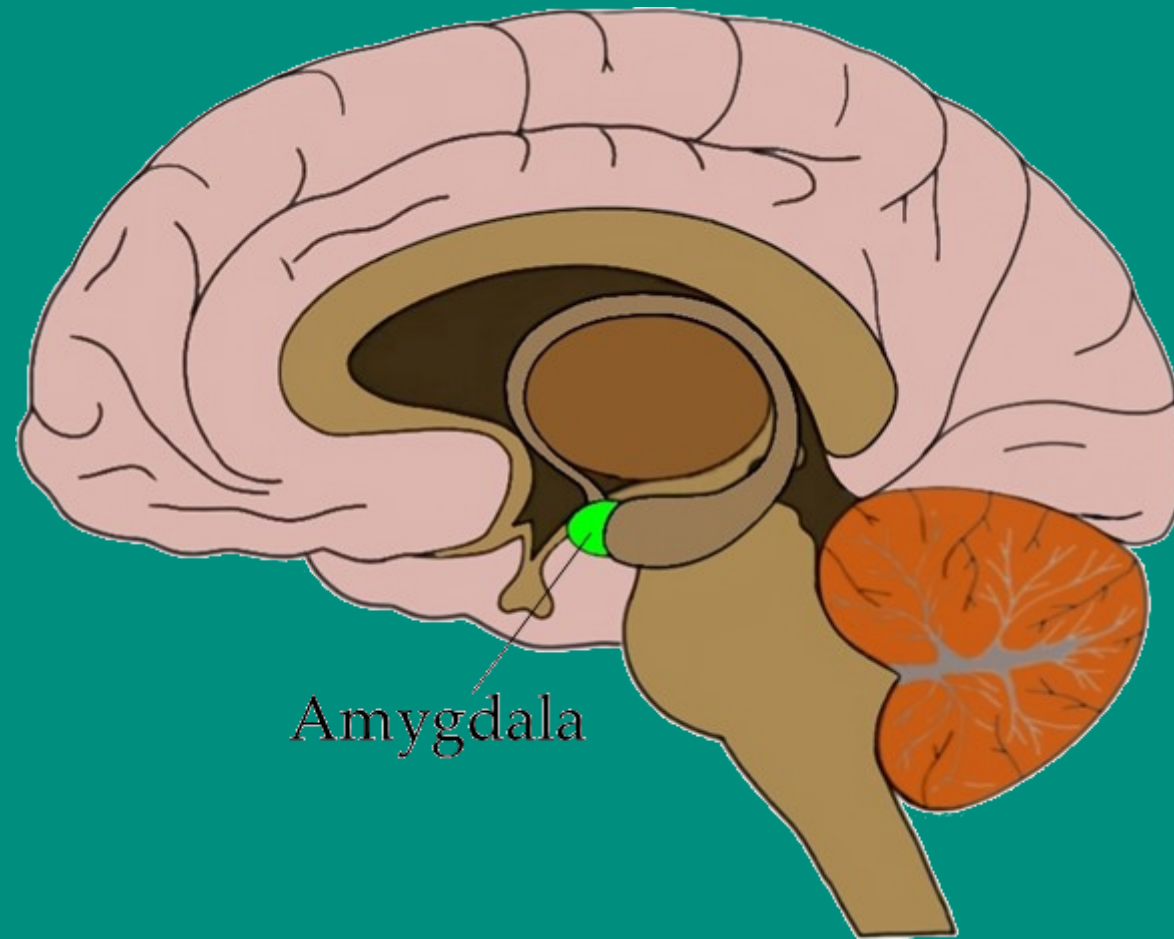
JUST WHAT MENTAL ILLNESSES ARE YOU DEALING WITH, YOU ASK?

- Major Depression
- Anxiety Disorder
- PTSD
- ADHD
- TBD?

MAJOR DEPRESSION

ANXIETY DISORDER

ANXIETY DISORDER



POST TRAUMATIC STRESS DISORDER

ATTENTION DEFICIT HYPERACTIVITY DISORDER

**I'VE ONLY BEEN GETTING TREATMENT FOR
A SHORT TIME**

(Relatively Speaking)

MY NORMAL WAS NOT NORMAL

INTRODUCING: MY NEMESIS

INTRODUCING: MY NEMESIS



INTRODUCING: MY NEMESIS




You're
worthless

INTRODUCING: MY NEMESIS



You're ugly

INTRODUCING: MY NEMESIS



Nobody
likes you

INTRODUCING: MY NEMESIS



I hate you

EVERY. SINGLE. DAY.

EVERY. SINGLE. DAY.



EVERY. SINGLE. DAY.




You're
worthless

EVERY. SINGLE. DAY.



You're ugly

EVERY. SINGLE. DAY.



Nobody
likes you

EVERY. SINGLE. DAY.



I hate you

EVERY. SINGLE. DAY.




You're
WORTHLESS

EVERY. SINGLE. DAY.



You're UGLY

EVERY. SINGLE. DAY.



NOBODY
likes you

EVERY. SINGLE. DAY.



I HATE you

EVERY. SINGLE. DAY.




YOU'RE
WORTHLESS

EVERY. SINGLE. DAY.



YOU'RE
UGLY

EVERY. SINGLE. DAY.



NOBODY
LIKES YOU

EVERY. SINGLE. DAY.



**I HATE
YOU**

EVERY. SINGLE. DAY.



**I HATE
YOU**

THIS WAS THE NORM FOR MOST OF MY LIFE

**I WASN'T ALLOWED TO HAVE MENTAL
ILLNESS**

THEN SOMETHING HAPPENED

THEN SOME THINGS HAPPENED

CAREER CHANGE

HEALTH SCORE

I ACCEPTED I NEEDED HELP

FEAR...

LED TO ANGER...

LED TO HATE...

LED TO SUFFERING



SOUND FAMILIAR?

**FEAR IS THE PATH TO THE DARK SIDE.
FEAR LEADS TO ANGER. ANGER LEADS
TO HATE. HATE LEADS TO SUFFERING.**

SIMPLE THING CALLED LIFE

**FINALLY, I GOT
TREATMENT!**

BUT IT WASN'T EASY

WE'RE NOT ALONE

**HOW HAS TREATMENT
AFFECTED ME?**




**NOW I WORK WITH
OSMI**

ALSO, I CAN TOLERATE THIS THING A LITTLE MORE

ALSO, I CAN TOLERATE THIS THING A LITTLE MORE




ALSO, I CAN TOLERATE THIS THING A LITTLE MORE




You're
tolerable

ALSO, I CAN TOLERATE THIS THING A LITTLE MORE




I've seen
worse

ALSO, I CAN TOLERATE THIS THING A LITTLE MORE



Someone
might want
you around

ALSO, I CAN TOLERATE THIS THING A LITTLE MORE



Even though we don't
agree on everything,
you have some valid
opinions and shouldn't
be afraid to share them
occasionally

WE'RE NOT ALONE!

**WHY TECH
SPECIFICALLY?**

IMPOSTER SYNDROME

**MORE UNEXPECTED AUDIENCE
PARTICIPATION!**

**WOULD YOU TELL SOMEONE WITH GLASSES
OR CONTACTS TO TRY LOOKING HARDER?**

**WOULD YOU ASK SOMEONE IN A
WHEELCHAIR WHY THEY DECIDED NOT TO
WALK?**

**WOULD YOU TELL SOMEONE WITH
DIABETES OR A HEART CONDITION TO STOP
TAKING THEIR MEDICINE AND TO SNAP OUT
OF IT?**

**WOULD YOU TELL SOMEONE WITH ~~GLASSES OR CONTACTS~~
DEPRESSION TO TRY ~~LOOKING HARDER~~ BEING HAPPY?**

**WOULD YOU ASK SOMEONE IN A ~~WHEELCHAIR~~ PANIC
ATTACK IF THEY'VE CONSIDERED TRYING HARDER TO ~~WALK~~
NOT HAVE ANXIETY?**

**WOULD YOU TELL SOMEONE WITH ~~DIABETES OR A HEART~~
~~CONDITION~~ ADHD TO STOP TAKING THEIR MEDICINE AND
TO JUST TRY ~~BEING HEALTHY~~ FOCUSING?**

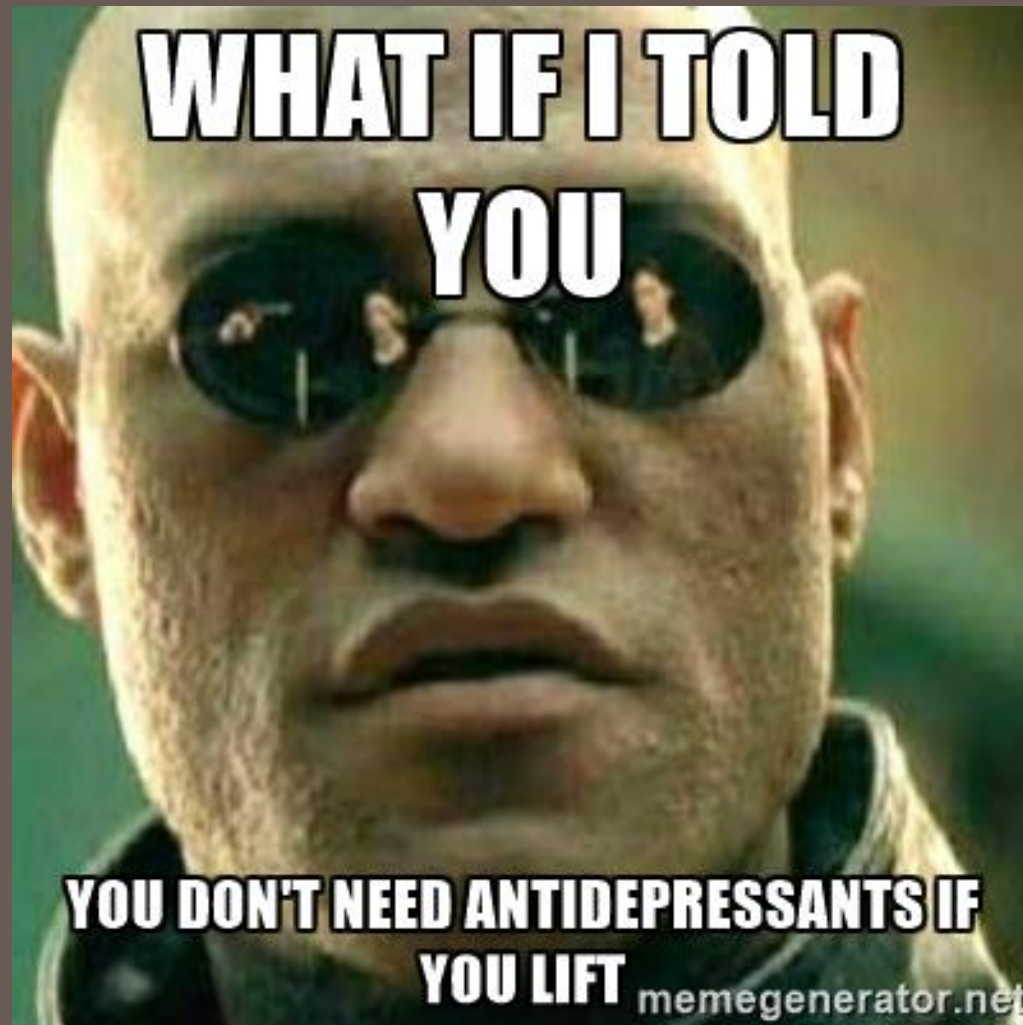
IMAGES LIKE THIS



THIS...

**I don't
need
pills to be
happy!**

AND THIS...



**WHAT IF I TOLD
YOU**

**YOU DON'T NEED ANTIDEPRESSANTS IF
YOU LIFT** memegenerator.net

**THEY ALL PRETTY MUCH SAY THE SAME
THING**

BUT REMEMBER...



SO HOW DO WE ERASE THE STIGMA?

WE NEED TO BE...



STRONGER THAN FEAR

LET'S LOOK AT SOME STATS

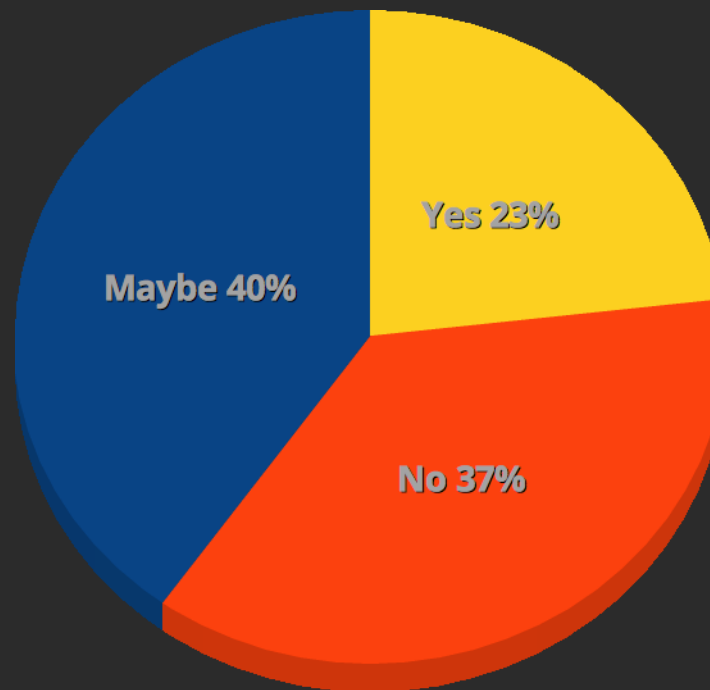


MENTAL HEALTH IN TECH 2017 SURVEY RESULTS

osmihelp.org/research

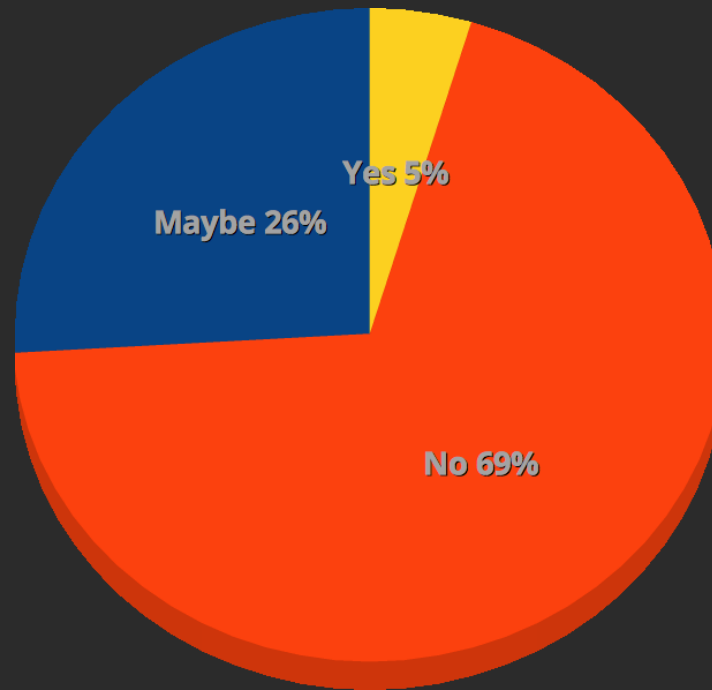
Would you bring up a *PHYSICAL* health issue with a potential employer at an interview?

Would you bring up a *PHYSICAL* health issue with a potential employer at an interview?



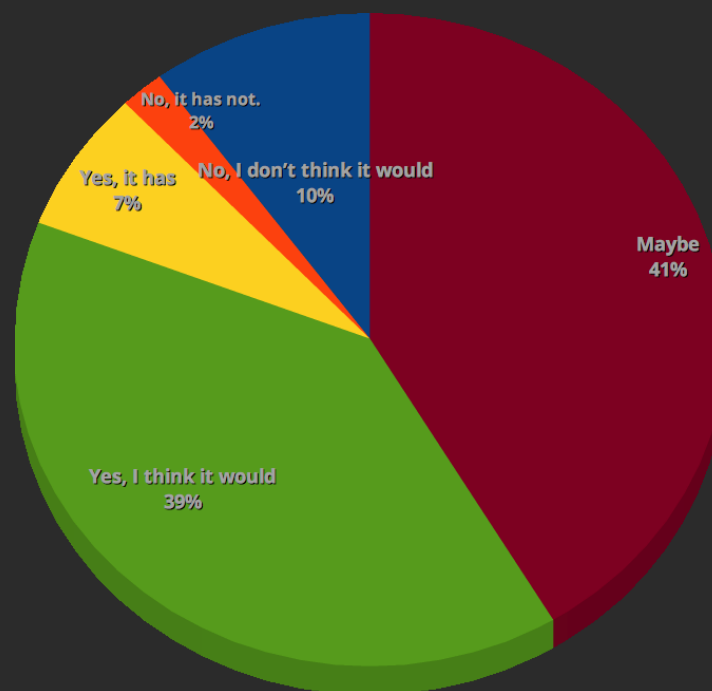
Would you bring up a *MENTAL* health issue with a potential employer at an interview?

Would you bring up a *MENTAL* health issue with a potential employer at an interview?



Do you feel that being identified as a person with a mental health issue would hurt your career? (2016)

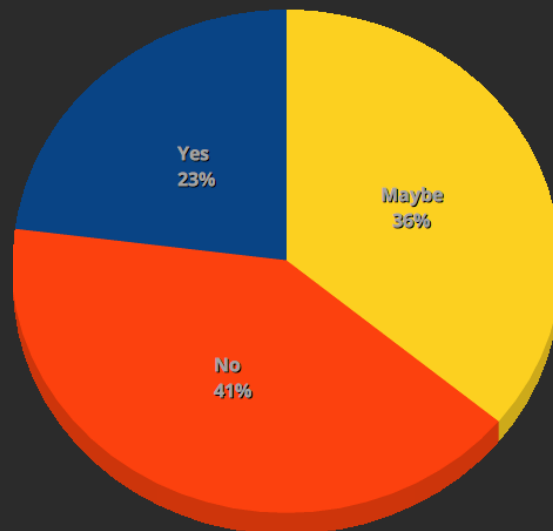
Do you feel that being identified as a person with a mental health issue would hurt your career? (2016)



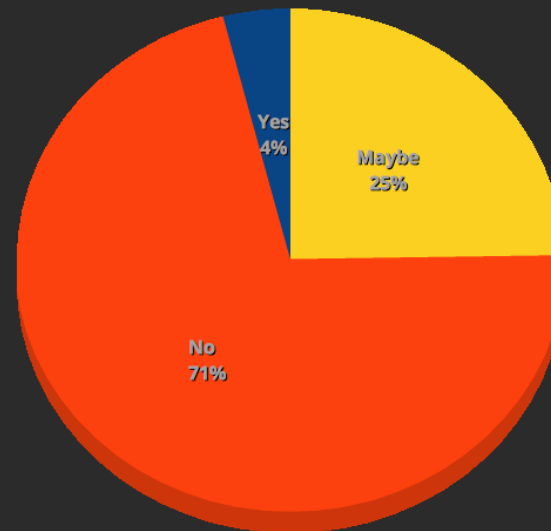
Do you think discussing a health issue with your
employer would have negative consequences?
(2016)

Do you think discussing a health issue with your employer would have negative consequences?
(2016)

Mental

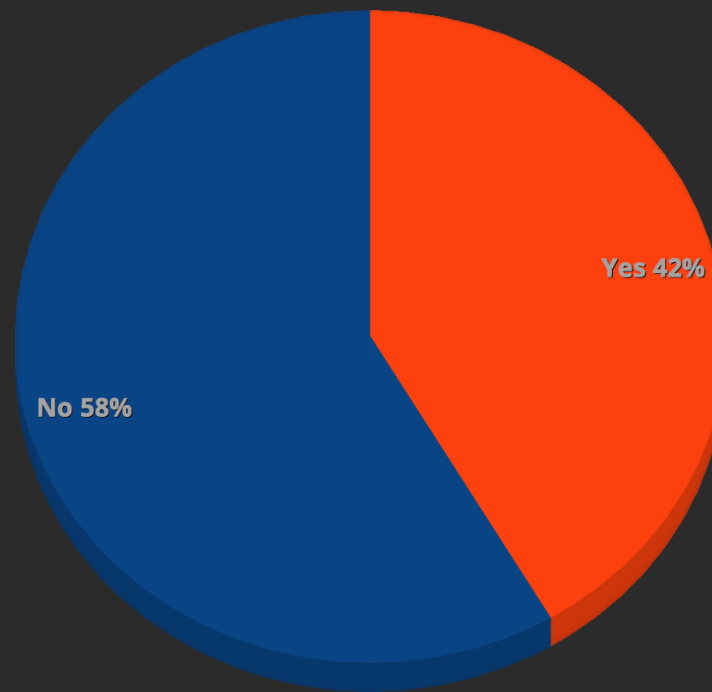


Physical



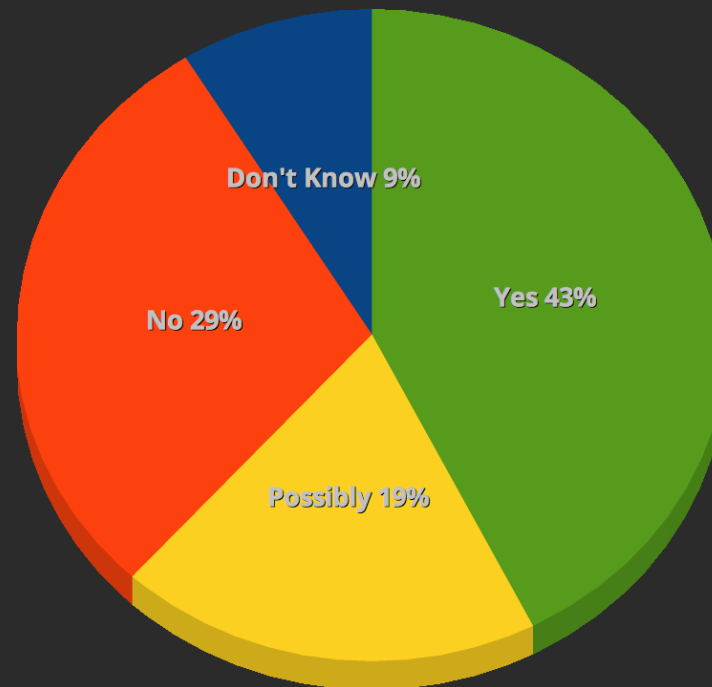
Have you been diagnosed with a mental health condition?

Have you been diagnosed with a mental health condition?



Do you *Think* you have a mental health condition?

Do you *Think* you have a mental health condition?



WHAT DO THESE MEAN?

**WE'RE AFRAID TO TALK ABOUT MENTAL
ILLNESS**

**WE'RE AFRAID TO TALK ABOUT MENTAL
ILLNESS**

WE'RE NOT ALONE

**WHY ARE WE AFRAID? IT'S BECAUSE OF
THE STIGMA.**

**WE'RE AFRAID THAT BEING HONEST WILL
HAVE NEGATIVE CONSEQUENCES**

**WE'RE AFRAID WE MIGHT GET SENT TO THE
~~PRINCIPAL'S OFFICE~~ HR DEPARTMENT**

**AS OF 2015 *17.9%* OF *ALL* U.S. ADULTS HAD
SOME FORM OF MENTAL ILLNESS**

WHY SHOULD A WORKPLACE CARE?

BUT JD, WHAT CAN WE DO?

TAKE THE OSMI 2019 SURVEY

[HTTPS://OSMIHELP.ORG/RESEARCH](https://osmihelp.org/research)

GET THE OSMI HANDBOOKS

[HTTP://BIT.LY/OSMI-BOOKS](http://bit.ly/osmi-books)

SERIOUSLY, TAKE THE OSMI 2019 SURVEY

[HTTPS://OSMIHELP.ORG/RESEARCH](https://osmihelp.org/research)

**IN OPEN SOURCE TECH, COMMUNITY IS OUR
GREATEST RESOURCE**

***43%* OF SURVEY RESPONDENTS CLAIMED
MENTAL ILLNESS DIAGNOSES**

WE ARE NOT ALONE

**WE ARE MORE THAN
USERNAMES**

WE ARE REAL PEOPLE

WE ARE NOT DAMAGED



ERASE THE STIGMA

SOME RESOURCES AVAILABLE:

- osmihelp.org
- [Psychologytoday.com](https://psychologytoday.com)
- National Association on Mental Illness: 1-800-950-NAMI
- Suicide Lifeline: 1-800-273-8255
- 911 (or your equivalent)

**THANK YOU FOR LETTING ME TALK WITH
YOU**

SURVEY AT [HTTP://BIT.LY/JDF-SURVEY](http://bit.ly/jdf-survey)

**SPONSOR THIS TALK AT [HTTP://BIT.LY/GOFUNDJD](http://bit.ly/gofundjd) OR
[HTTP://OSMIHELP.ORG/DONATE](http://osmihelp.org/donate)**

QUESTIONS?