



Mental Health in Tech

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Keen IO | OSMI

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Content Warning

The aim of this talk is to share my experience with honesty and to educate others on mental health. Some content may trigger adverse reactions. If you are impacted, please take a break and/or seek support. I will be available to process content with anyone who desires this throughout the remainder of the day.

$$\text{Trust} = \frac{\text{Credibility} + \text{Reliability} + \text{Intimacy}}{\text{Self-orientation}}$$

Research Sources

- ✓ American Psychological Association (APA)
- ✓ Center for Disease Control (CDC)
- ✓ Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)
- ✓ Journal of Occupational and Organizational Psychology
- ✓ National Alliance on Mental Illness (NAMI)
- ✓ National Institute on Mental Health (NIMH)
- ✓ Open Sourcing Mental Illness (OSMI)
- ✓ World Health Organization (WHO)

Why am I here?

Who am I?

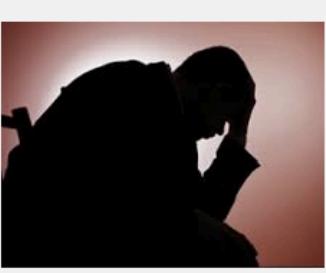




THE BIPOLAR EXPRESS
Based on the novel of the life of author Manfred Chlumec

Mania

Depression





Dopamine

Pleasure

Reward

Motivation/Drive

Norepinephrine

Alertness

Concentration

Energy

Attention

Mood
Cognitive
functioning

Anxiety
Impulse
Irritability

Appetite
Sex
Aggression

Serotonin

Obsessions &
compulsions
Memory



Reducing the stigma

Education & disclosure



1. Improve attitudes towards people with mental health problems
2. Increase future willingness to disclose mental health problems
3. Promote behaviors associated with anti-stigma engagement

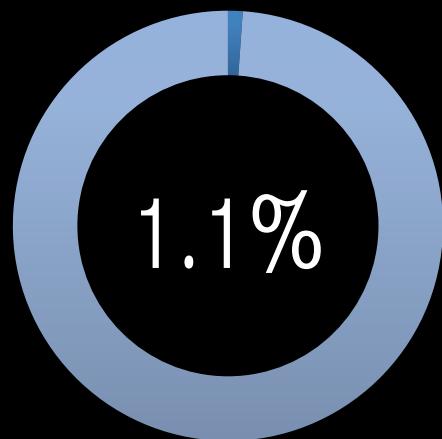
Mental Illness

- A wide range of conditions that affect mood, thinking, and behavior
- Approximately 1 in 5 adults, or 18.5% experiences a mental illness
- Approximately 1 in 25 adults, or 4.2% experiences a serious mental illness



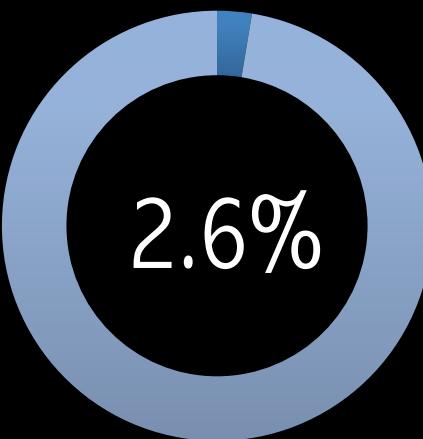
Prevalence of mental illness by diagnosis

SCHIZOPHRENIA



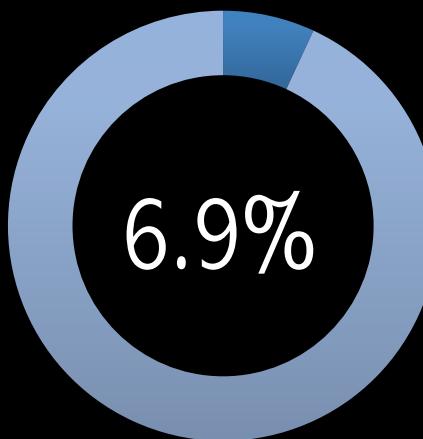
2.4 million
(1 in 100) adults
live with
schizophrenia

BIPOLAR



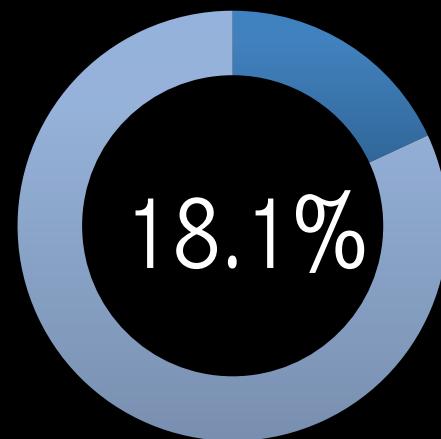
6.1 million
adults live with
bipolar disorder

DEPRESSION



16 million
adults live with
major
depression

ANXIETY



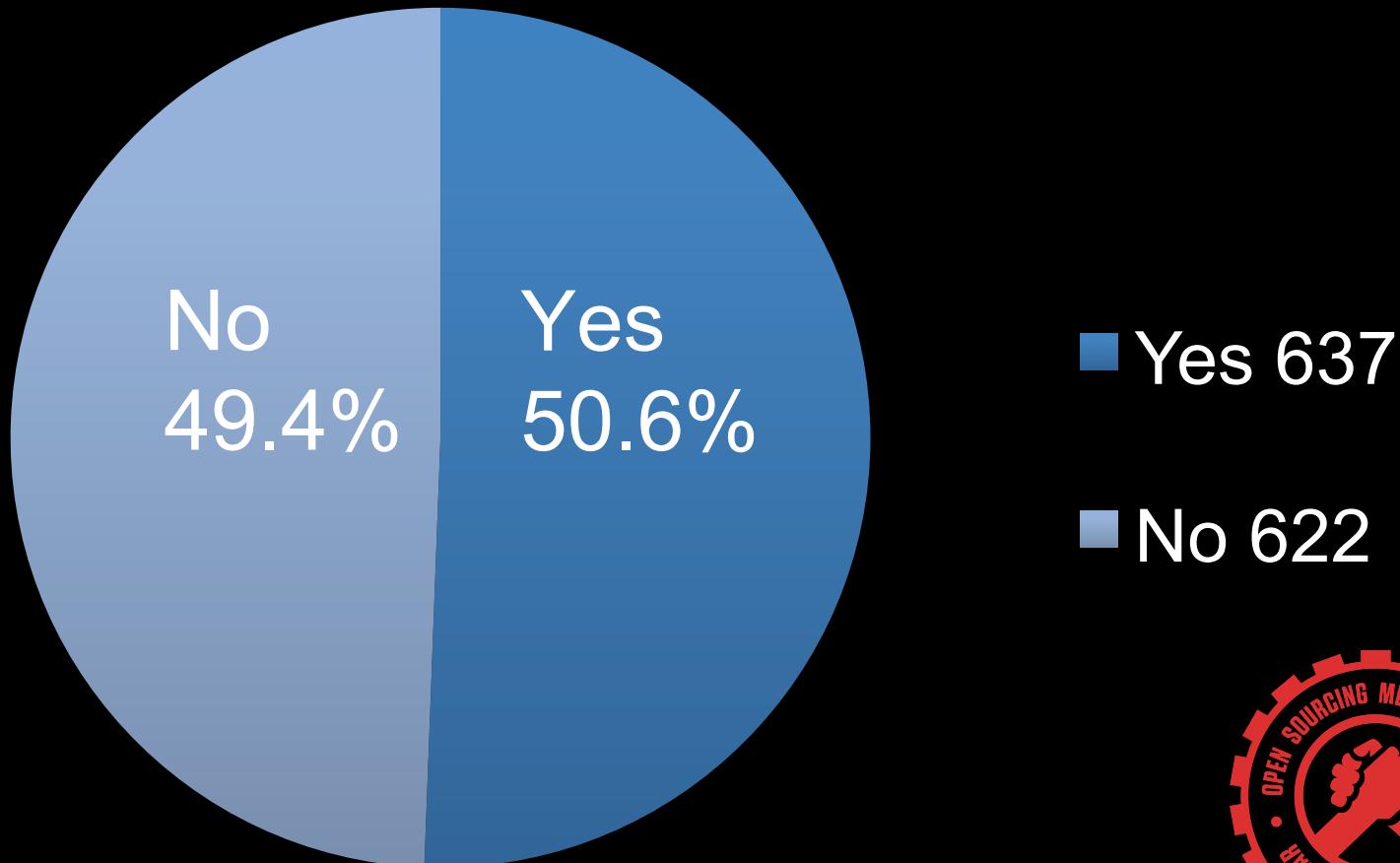
42 million
adults live with
anxiety disorder

Mental Health in Tech



osmihelp.org/research

Have you sought treatment for a mental health condition?

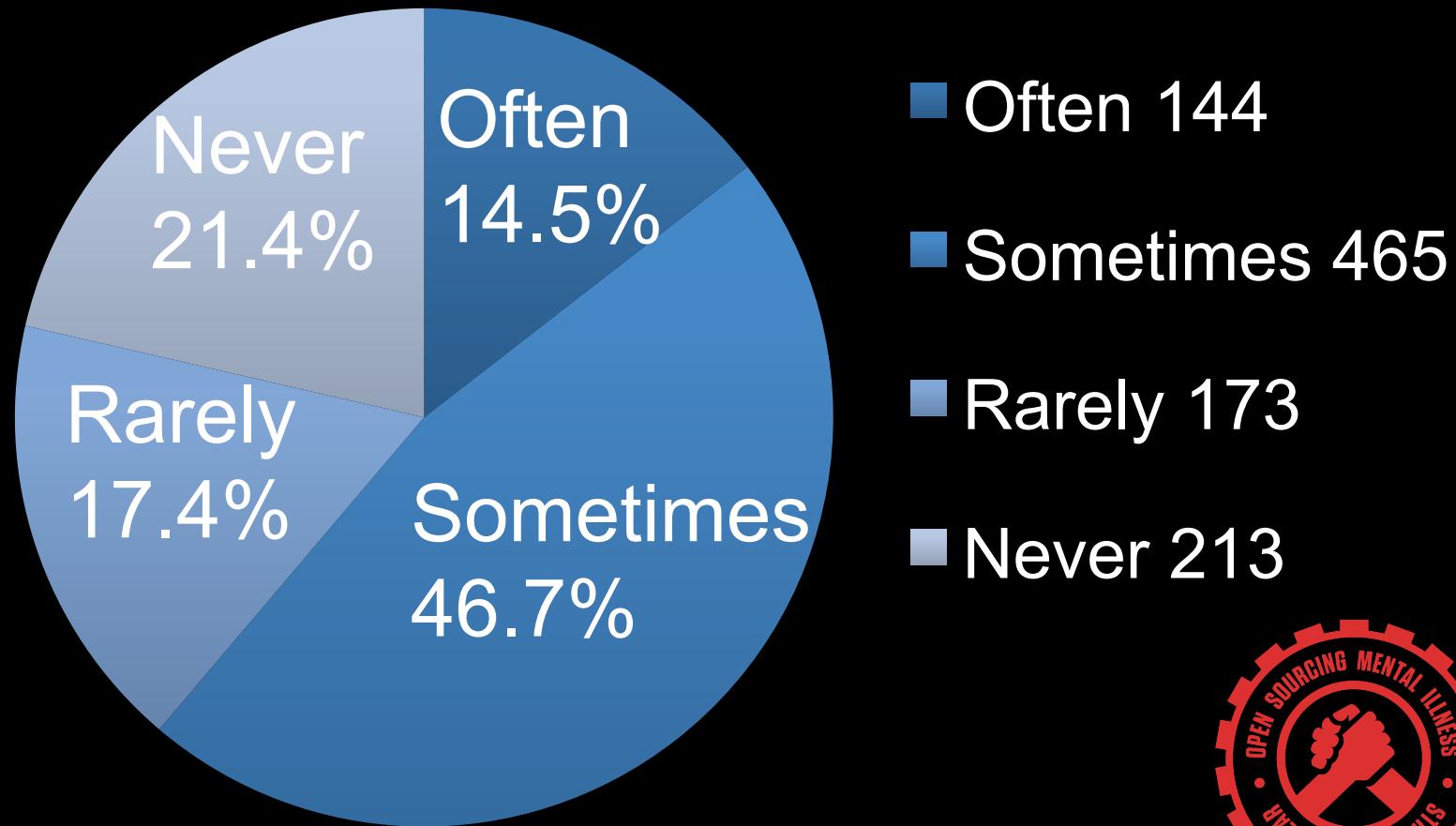


OSMI 2014

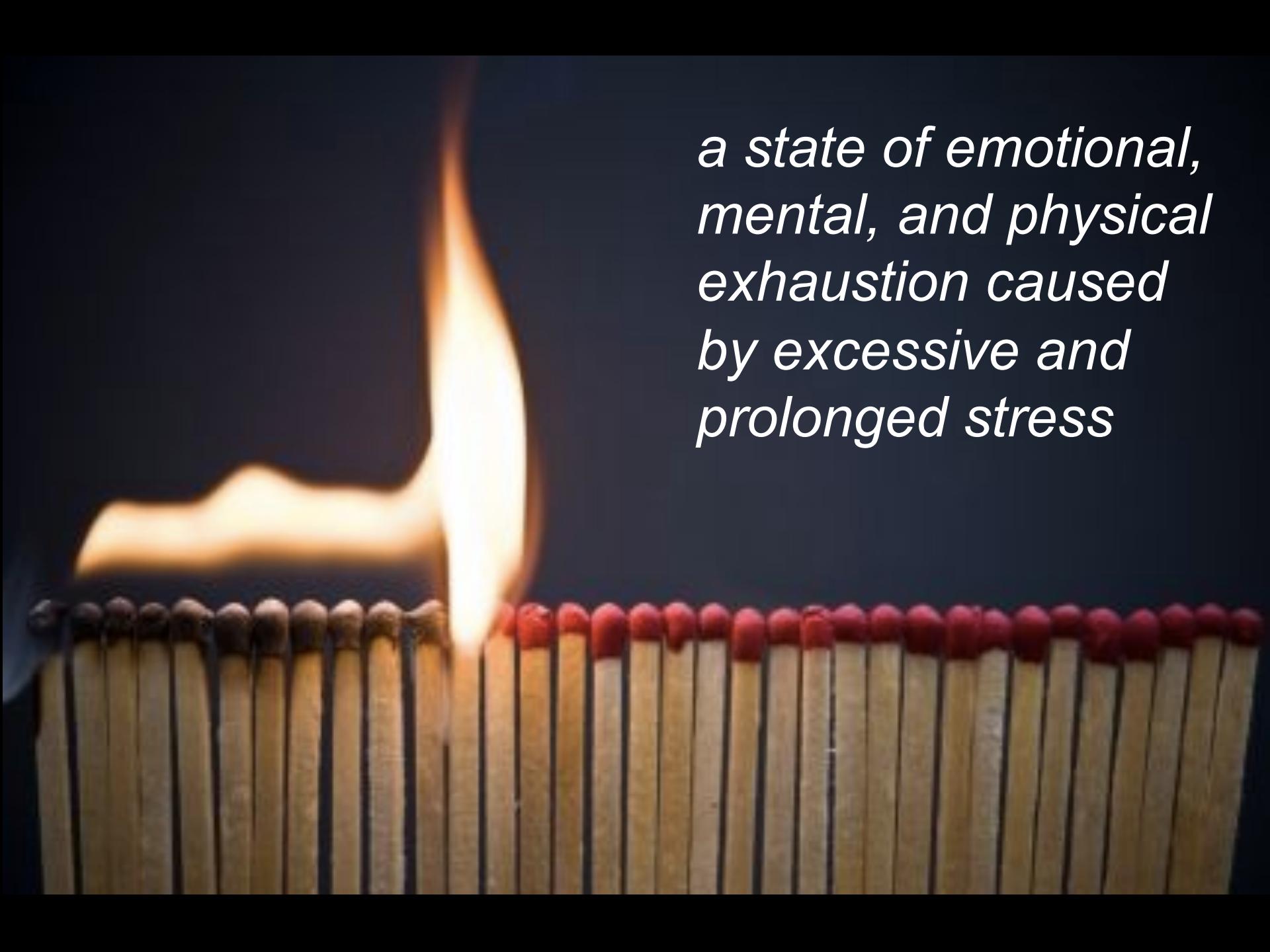
The impact of mental wellness



If you have a mental health condition, do you feel that it interferes with your work?



OSMI 2014

A close-up photograph of a row of matches. Most of the matches have their wooden handles visible, while the tips are red from being struck. At the far left, the burnt remains of a match are visible, with a bright orange flame still clinging to its stub. The background is dark and out of focus.

*a state of emotional,
mental, and physical
exhaustion caused
by excessive and
prolonged stress*

Dopamine

Pleasure

Reward

Motivation/Drive

Norepinephrine

Alertness

Concentration

Energy

Attention

Mood
Cognitive
functioning

Anxiety
Impulse
Irritability

Appetite
Sex
Aggression

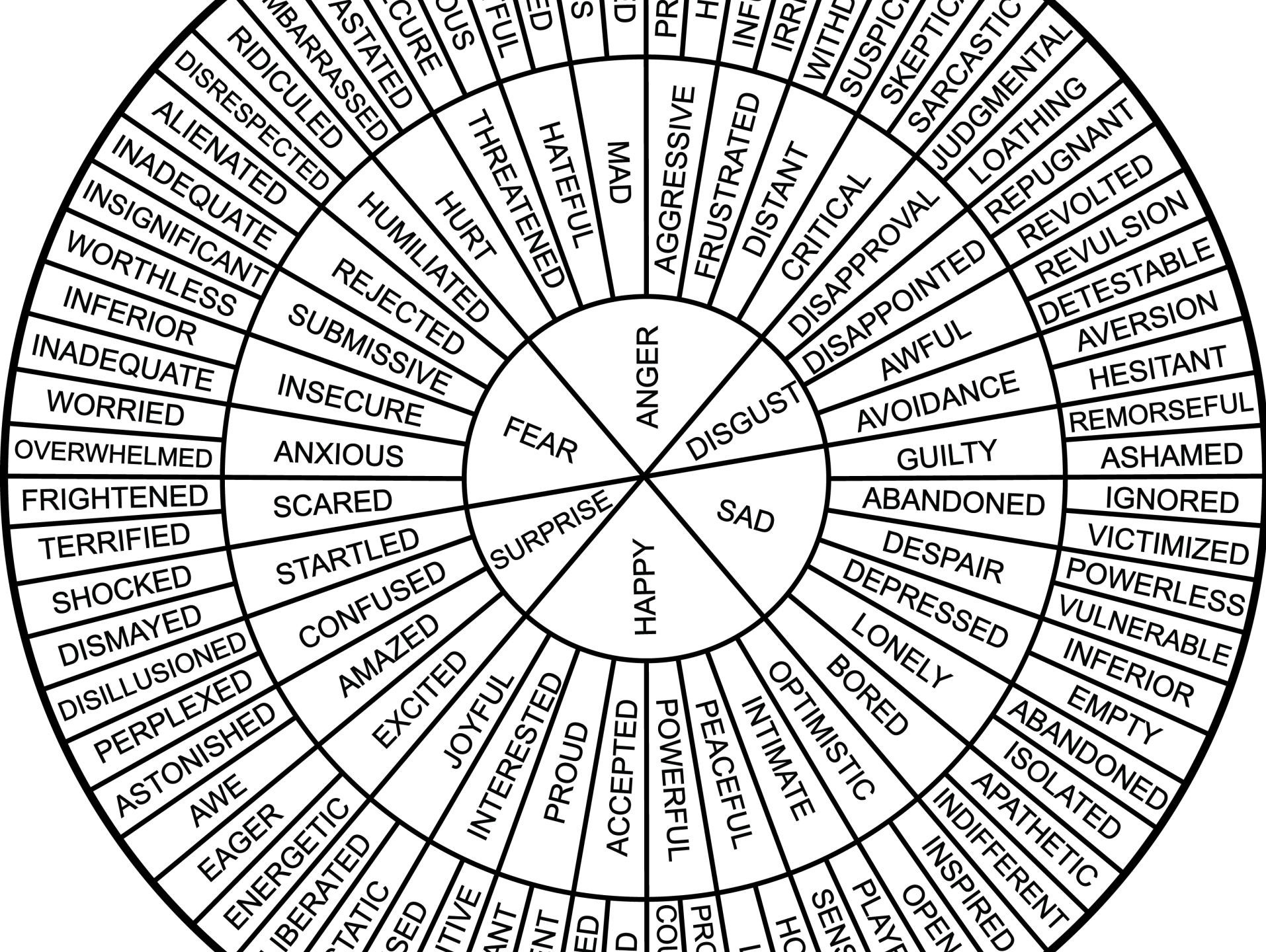
Serotonin

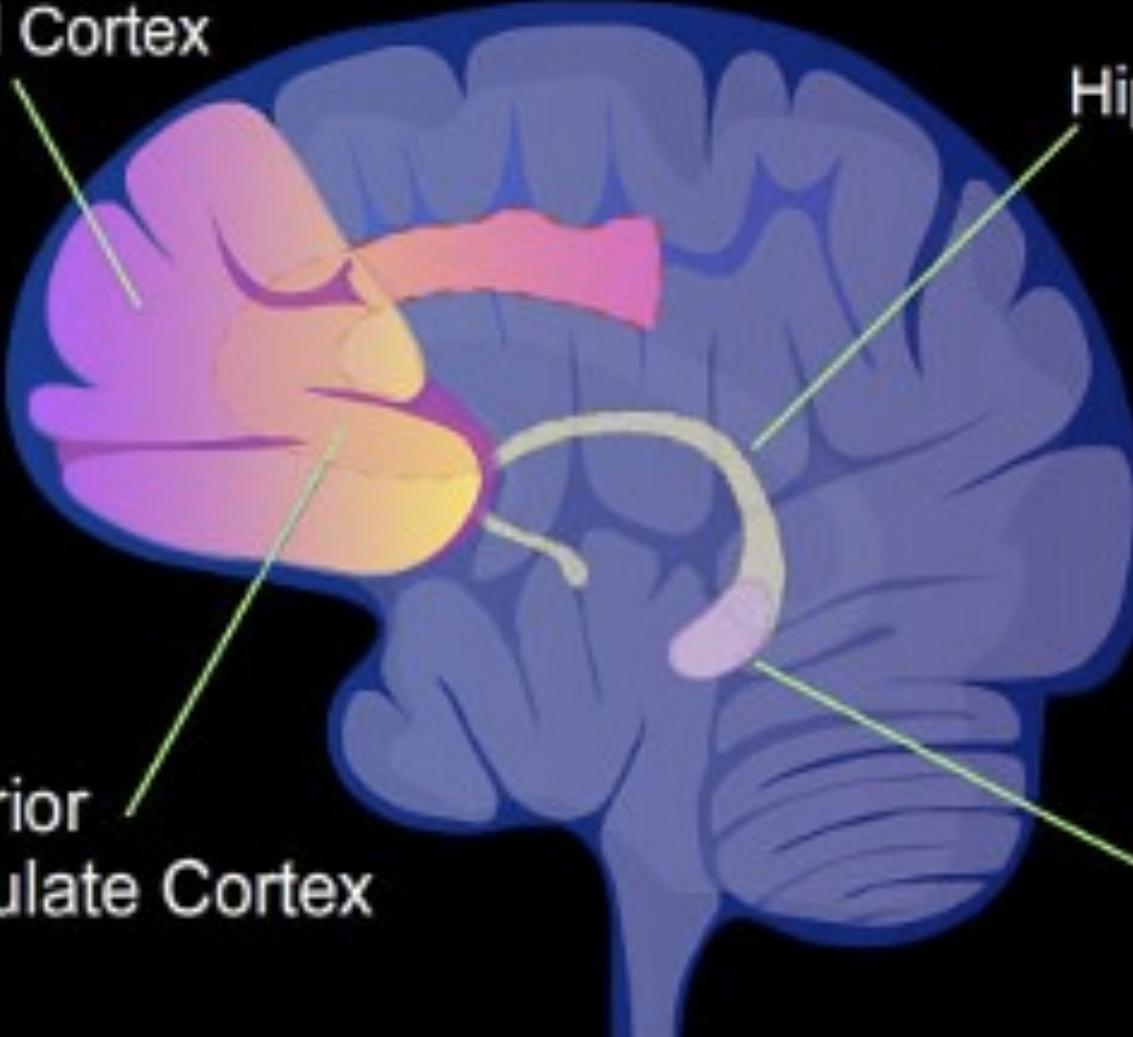
Obsessions &
compulsions
Memory

unplug

Introspection







Prefrontal Cortex

Hippocampus

Anterior
Cingulate Cortex

Amygdala

Coaching



NOT advice
NOT mentorship
NOT therapy

How do you work when you can't think..?

Freelance vs fulltime..?

Dealing with anxiety & panic in crunch mode...

Web designer taking on the role of a developer...

Why am I so angry..?

How to get past this imposter syndrome...

Programming has taken over my life...

Struggling with motivation...

Feeling stuck with tasks...

New programmer, lots of anxiety...

Sometimes I struggle with trivial problems...

Open source projects for Devpressed developers...

Bringing up mental health to your boss...

Burnout and depression...

Drowning in a sea of experts...



Want to start a conversation?

The screenshot shows the homepage of the MHprompt website. At the top, there is a navigation bar with links for TOP, GET INVOLVED, PEOPLE & EVENTS, SPONSORS, and BLOG. Below the navigation bar, on the left side, is a teal-colored sidebar containing a white square icon with a right-pointing arrow and the word "prompt" in a light blue font. The main content area has a light blue background. In the center, the text "Let's start a conversation about mental health in tech" is displayed in large, bold, white letters. Below this text is a small circular icon with a downward-pointing arrow. At the bottom of the page is a teal footer bar featuring two white buttons: "GET RESOURCES" on the left and "READ THE FAQ" on the right, separated by a small "OR" button.

TOP GET INVOLVED PEOPLE & EVENTS SPONSORS BLOG

> prompt

Let's start a conversation about
mental health in tech

▼

GET RESOURCES OR READ THE FAQ

www.mhprompt.org

Questions?



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