

Mental Health Awareness

Because
Your Mind
Matters!

a healthy mind is
the heart of a
happy life



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This session
is a safe
space. You're
not alone

“ Your mental health matters. Your story matters. You matter. ”

Your mental health is the foundation of your success — protect it, value it, and prioritize it.

progress starts with a healthy mind.





The truth about mental health is simple: it matters, and so do you.

CHALLENGES FACED BY TECH STUDENTS

HEAVY WORKLOAD AND TIGHT DEADLINES

TECH JOBS OFTEN INVOLVE FAST-PACED TASKS, FREQUENT UPDATES, BUG FIXING, AND CONSTANT DELIVERY PRESSURE.



LONG WORKING HOURS
ESPECIALLY IN STARTUPS, EMPLOYEES WORK EXTRA HOURS, WHICH NEGATIVELY AFFECTS THEIR MENTAL HEALTH.



POOR WORK-LIFE BALANCE

MANY TECH ROLES MAKE IT DIFFICULT TO SEPARATE WORK FROM PERSONAL LIFE.

UNFAIR COMPENSATION OR LACK OF RECOGNITION

FEELING UNDervalued CONTRIBUTES TO STRESS AND JOB DISSATISFACTION.

SOCIAL ISOLATION
WORKING LONG HOURS IN FRONT OF A SCREEN WITH LIMITED INTERACTION CAN LEAD TO LONELINESS.

RAPID TECHNOLOGICAL CHANGES

THE NEED TO CONSTANTLY LEARN AND STAY UPDATED CREATES STRESS AND FEAR OF FALLING BEHIND.



TAKE CARE OF YOURSELF—YOU DESERVE IT.

Global Organizations Studies

WHO

Workplace
Mental Health

Published global guidelines
on mental health in the
workplace.

ILO

International
Labour
Organization

Issues policies to improve
working conditions, work-life
balance, and psychological
safety.

OSMI

Open Sourcing
Mental Illness

OSMI works to break the
stigma around mental health
in technical communities

Study data is taken from
OSMI's annual surveys
(2017–2021)



This topic is not only locally important – global organizations such as WHO, ILO, and the United Nations have emphasized the growing mental health challenges within digital and tech environments."

So, what do the studies tell us? Let's dive into the insights.



Forecasting

TO ANTICIPATE FUTURE TRENDS, I APPLIED FORECASTING MODELS TO PREDICT HOW MENTAL HEALTH INDICATORS MAY EVOLVE OVER TIME.

“ ↵ Current Mental Health Disorder:
FORECAST SHOWS A CONTINUOUS DECLINE, REACHING 0% IN FUTURE YEARS ” ↶

“ ↵ Productivity:
FORECAST INDICATES STRONG VOLATILITY, WITH PRODUCTIVITY IMPACT FLUCTUATING UNPREDICTABLY. ” ↶

“ ↵ Awareness of Resources:
FORECAST REMAINS STABLE WITH SLIGHT INCREASES, SHOWING CONSISTENT AWARENESS OVER TIME ” ↶

Taking care of your mind is the smartest upgrade you can make.



See
Forecastinf
From here

Machine Learning

IN ADDITION, MACHINE LEARNING TECHNIQUES WERE USED TO IDENTIFY THE MOST INFLUENTIAL FACTORS CONTRIBUTING TO MENTAL HEALTH OUTCOMES AMONG TECH AND NON-TECH WORKERS

“ RANDOM FOREST:

	PRECISION	RECALL	F1-SCORE	SUPPORT
0	0.94	0.94	0.94	18
1	0.79	0.98	0.87	53
2	0.91	0.61	0.73	33
3	1.00	0.78	0.88	9
ACCURACY		0.85	113	

Your well-being is not a luxury; it is a necessity for growth.



See Random Forest From here

Machine Learning

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“ ”

CATBOOST:

	PRECISION	RECALL	F1-SCORE	SUPPORT
0	0.98	0.94	0.96	454
1	0.85	0.90	0.87	453
2	0.86	0.81	0.87	454
3	0.91	0.95	0.96	453

ACCURACY

0.92 1814

Your well-being is not a luxury; it is a necessity for growth.



See Random Forest From here

"

Spreading Awareness Together



You can't
innovate if
you're
exhausted -
balance is
power



GOOGLE

- Mindfulness
- Leave
- EAP

"

GITHUB

- Headspace
- Wellbeing channels

MICROSOFT

- Mental health days
- Training

Delve deeper into the project details

- Data
- preprocessing
- Data modeling
- python analysis
- Forecasting
- ML
- Dashboard
- Github link



Talk about your feelings—don't bottle them up

Stay active—walk, dance, or stretch

Get enough rest



Do things that bring you joy



Small acts of self-care add up to a healthier, happier you



Thank You



Together, we
create a kinder,
more supportive
world.



When we talk about
mental health, we
break the silence and
build a community of
care.

