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Nov 14, 2018updated Apr 3, 2019last reply Feb 21, 20192.1K views

Mental Health Resource for Technology and Security Professionals

I wanted to talk about a subject that makes me uncomfortable. It should make you uncomfortable as well. Mental health for Technology and Security Professionals. This life is a difficult life, but you don't need to let it get the best of you.

I'd like to develop this as a resource for mental health for Technology and Security Professionals.

Peerylst: If you have or could suggest additional content that would be great!

With long hours, fatigue, lack of support or budgeting, lack of sleep, businesses rely heavily on technology and security professionals.

What we face (just a few):

Depression or thoughts of suicide

Substance abuse

Breakups of relationships or marriages

Job or career dissatisfaction and burnout

Eating or Sleeping disorders

Job related anxiety, fatigue, or stress from being over worked or not having enough/right resources

We all need help occasionally and we have all been through similar problems. You not alone and there is someone here to help. Friends, family, peers, co-workers we all have similar stories to share and help to provide.

Links to a better understanding of mental health challenges in technology and security:

[Demystifying Mental Health in the infosec community](#)

[Cybersecurity job fatigue affects many security professionals](#)

[Mental health is new focus at premier cybersecurity conference](#)

[Cybersecurity and Mental Health P2P4-T07: Cybersecurity Impact on Mental Health: Managing Stress, Building Resilience](#)

[Drowning, Not Waving... Thom Langford's blog post about Unacceptable personal pressure: How senior Cyber Security Executives safeguard their own mental health, and those of their teams discussion at European Information Security Summit 2019](#)

Peerlyst Posts:

[\[BrakeSec\] Ms. Magen Wu and Mr. Danny Akacki discuss mental health of infosec people, ways to cope](#)

[Let's talk about Mental Health](#)

[Substance abuse in Cyber Security: an open conversation at the Peerlyst HQ during RSA conference](#)

ctrl-alt-delete reset yourself to a happier life

Links to professional resources to help you:

Help For Veterans. Service members, veterans and their families are at risk for *mental health* problems, too. Learn more... Consumer Guide. Suicide Prevention.:

[MentalHealth.gov](#)

Mental Health UK works across England, Scotland, Wales, and Northern Ireland to improve the lives of people with mental illness, and to support carers.

[MentalHealth-UK.org](#)

Employer EAP Employee Assistance Program provided by many employers

[OPM.gov](#)

Mental Health Hackers Twitter Link

[Mental Health Hackers](#)