



SUPPORTING MENTAL WELLBEING IN THE CYBER COMMUNITY

WE'RE HELPING - ASK HOW

Our Mission

Recognizing that many cyber security professionals – our very defenders – are themselves under sustained and increasing stress, we set about providing direct support to restore and rebuild emotional and cognitive health and alleviate suffering.

Our Approach

As cyber professionals ourselves, we understand first hand the situation our colleagues, clients and customers find themselves in. We provide resources and support to lift our peers back into mental wellness and thereby strengthen cybersecurity generally.



Our Audience

It's not just cyber professionals we want to help. It's their clients and those who suffer as victims of attacks, their staff, anyone in the cyber community who may be feeling a little overwhelmed.

CYBERMINDZ LAUNCHES IN UK WITH VIRTUAL SUMMIT IN LONDON

We're delighted to announce we are now officially launched in the UK!



We brought together over 100 cyber leaders and practitioners as we explored a way forward bringing relief to embattled cyber warriors and stemming the loss of critical skills. The post-event video (coming soon) showcases the experiences of experts in the field and includes a practical demonstration of the iRest protocol. We thank our founding partners, speakers and NCSC head

Lindy Cameron CB OBE for their support.



Lindy Cameron CB OBE welcomes the entry of Cybermindz into the UK



Cybermindz US Summit Mental Health In Cybersecurity



HIGHLIGHTS FROM US LAUNCH OF CYBERMINDZ.ORG

An inspirational start to our US entry



CYBERMINDZ U.S. LAUNCH

Thanks to CISA Director, Jen Easterly for her support and recognition of the importance of mental health in cybersecurity.

Jen Easterly asks you to support Cybermindz' April 24 Cyber Mental Heal...



NEWS RELEASE 31 OCTOBER, 2022

NEWS RELEASE
Embargoed until 8am Monday, 31 October
Sydney, Australia

CYBERMINDZ.ORG
REDEFINING CYBERSECURITY

New study indicates cybersecurity professionals may be burning out at a faster rate than frontline healthcare workers

As October's Mental Health Month and Cybersecurity Awareness Month both draw to a close, a new study from not-for-profit cyber mental health support initiative, **Cybermindz.org** is showing early evidence of burnout in cyber professionals, signalling a potential loss of skills to a critical part of the economy.

The organisation is quick to acknowledge that stress and burnout are not unique to cyber, but points out that systemic weaknesses in our human cyber defences would tend to impact society at mass levels, especially if essential services like water, energy, telecommunications, health, financial services, food distribution and transportation are affected.

As the nation digests the continuing fallout of the Optus, Medibank and MyDeal breaches and others that are coming to light, the organisation has warned that unless policy makers recognise the mental health impacts on Australia's embattled cyber workforce, a deterioration in the mental health of core defenders may accelerate, creating a cascading effect of reduced effectiveness and increased risk.

While the research is ongoing and will run until year's end, Cybermindz founder and veteran internet industry leader, Peter Coronos explained the importance of signalling the emerging trend as he compared it to 'the canary in the cybersecurity coal mine'.

He observed: "Most of our critical systems now have cyber risk exposure — it's not hard to see that a reduction in our national cyber capability due to psychological burnout may have population-wide downstream effects. The pandemic, floods and bushfires have shown us the systems we rely upon are not to be taken for granted. Cyber attacks are a daily occurrence and, unlike natural disasters, there is no conceivable endpoint in sight."

[New study indicates cybersecurity professionals may be burning out at a faster rate than frontline healthcare workers](#)

(1.5 MINS)

Cybermindz Mission



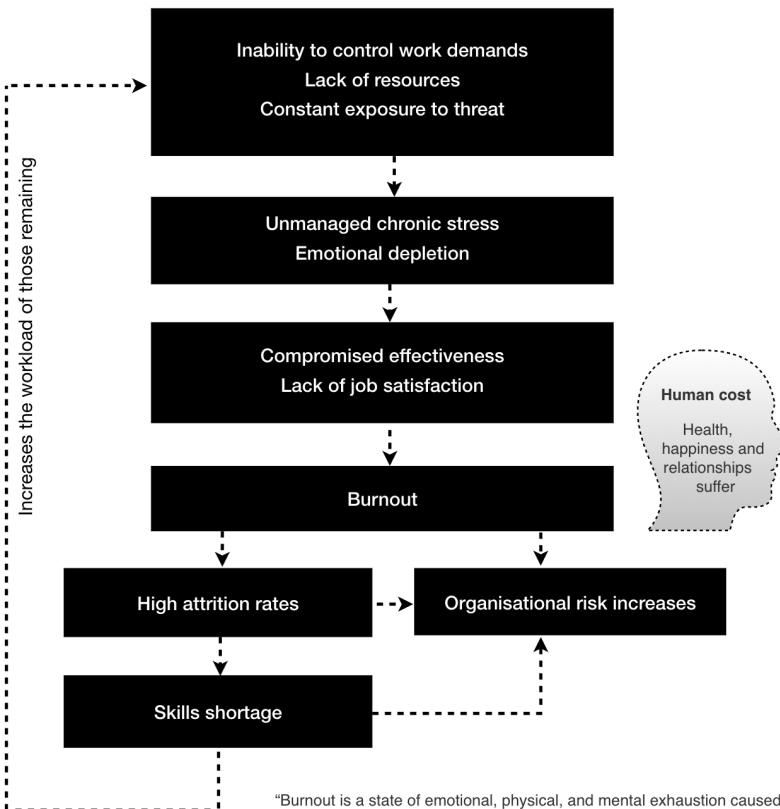
THE WHY

This schematic shows our shared challenge.

[Download hi-res PDF version >](#)



An Impending Cybersecurity Skills and Capability Crisis?



"Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest and motivation that led you to take on a certain role in the first place."

Burnout reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.

The negative effects of burnout spill over into every area of life—including your home, work, and social life. Burnout can also cause long-term changes to your body that make you vulnerable to illnesses... Because of its many consequences, it's important to deal with burnout right away."

Source [helpguide.org](https://www.helpguide.org)

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Our Partners



CyberCX



mimecast

CORRS
CHAMBERS
WESTGARTH
lawyers

Deloitte



Partnerships

[Expressions of interest are now open]

'Glimpsing the Possibilities'

(Listen to Chloe: 1 min)

FIND OUT MORE





**We won't
let you fall.**

CYBERMINDZ.ORG

OCCASIONAL UPDATES

We promise we won't inundate you.

But we'd like to help you keep up the momentum of positive change,

Sign up for our news and announcements.

Email

SIGN UP

FREECALL 1800 423 954

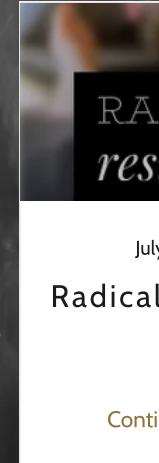


INSIGHTS AND NEWS



July 22, 2023

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online
Reading



July 3

Radical
Change
Continu

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