A black and white photograph of a person's hands holding a glowing heart-shaped light-up device. The device has a bright white glow and a small screen or button in the center. The background is dark.

don't .gitignore mental health

Frédéric Harper
Director of Developer Relations @ Mindee









```
→ echo AGENDA
```

```
AGENDA
```

```
→ git add FRED_STORY.md
```

```
→ git commit -m "share my experience with my mental disorders & neurodivergence"
```

```
→ cat .gitignore
```

```
adhd
```

```
depression
```

```
dark_thoughts
```

```
suicidal_ideas
```

```
anxiety
```

```
→ echo mental_health_taboos > .gitignore
```

```
→ git commit -m "remove ignored mental health terms & prevent taboos to be committed"
```

```
→ git tag v1.0_tips
```

```
→ git push -u attendees
```

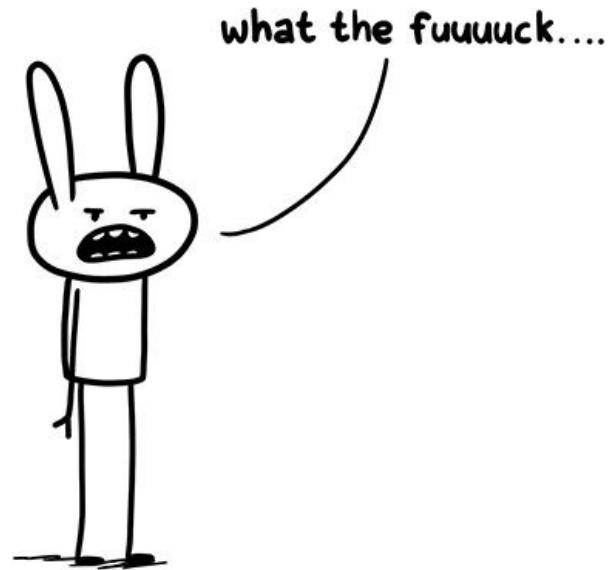
1 in 4

adults experiences
mental illness every year.



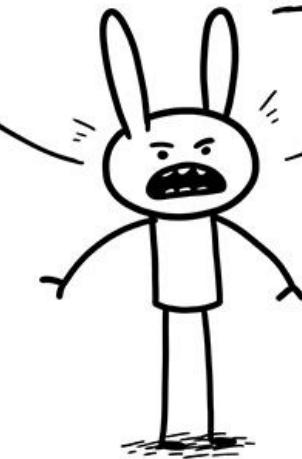
1 in 17

lives with a serious
mental illness.



no....seriously...

WHAT THE FUCK?!?





mental illness isn't always visible

- Seems to be doing well
- creative
- put together
- happy & extroverted
- bit of an oddball
- scatterbrain
- down to hang out
- eager to help others
- laugh lots

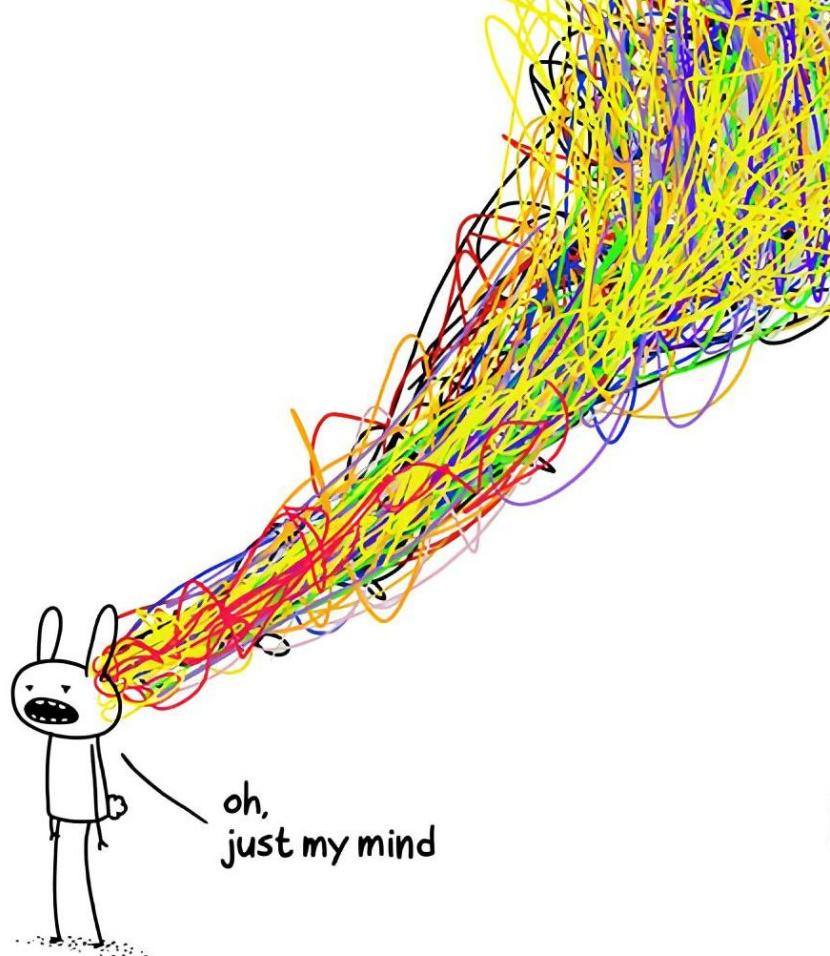
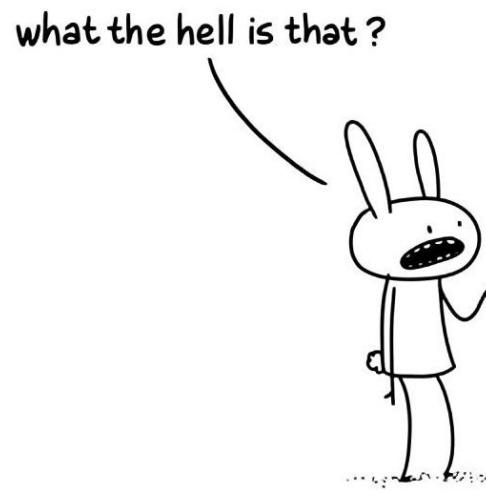


@crazyheadcomics

- anxious thoughts
- crying alone
- negative thinking
- struggling with daily life
- rumination
- no energy
- can't keep a job
- dissociation
- hyper-vigilance
- learned helplessness

my story
my experience

**attention
deficit
hyperactivity
disorder**



adhd is characterized by a persistent pattern of inattention and / or hyperactivity / impulsivity that interferes with functioning or development.

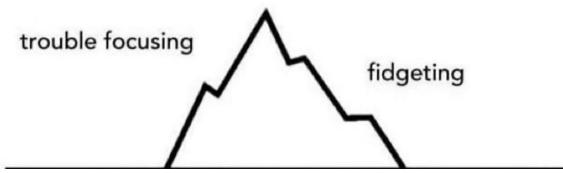


WHAT ADHD CAN LOOK LIKE:

- IMPATIENCE
- CLUMSINESS
- STRUGGLE WITH SHORT TERM MEMORY
- FEELING TRAPPED
- SLEEPING PROBLEMS
- POOR IMPULSE CONTROL
- INABILITY TO FOCUS EVEN WHEN THERE'S NO DISTRACTIONS
- TROUBLE REGULATING EMOTIONS
- ALWAYS LOSING THINGS
- ANXIETY OVERLOAD
- MOOD SWINGS
- HYPER FIXATIONS
- UNCONTROLLABLE FIDGETING

THE ADHD ICEBERG

WHAT PEOPLE
THINK ADHD IS:



ADHD BY THE NUMBERS

2x

The approximate rate boys are diagnosed with ADHD vs. girls

7

Average age when most children are diagnosed

6.1M

Number of American children ages 4-17 diagnosed with ADHD

5%

Percentage of the adult population in the U.S. who have ADHD

70%

Percentage of adults who respond to treatment with stimulants

SOURCE: CHADD

healthcentral

diagnostic

- **5+ symptoms of inattention and/or hyperactivity/impulsivity**
- **persisted for ≥6 months**
- **negatively impacts 2+ settings (home, school, work; friends or relatives)**

inattention

- Makes careless mistakes/lacks attention to detail
- Difficulty sustaining attention
- Does not seem to listen when spoken to directly
- Fails to follow through on tasks & instructions
- Exhibits poor organization
- Avoids/dislikes tasks requiring sustained mental effort
- Loses things necessary for tasks/activities
- Easily distracted (including unrelated thoughts)
- Is forgetful in daily activities

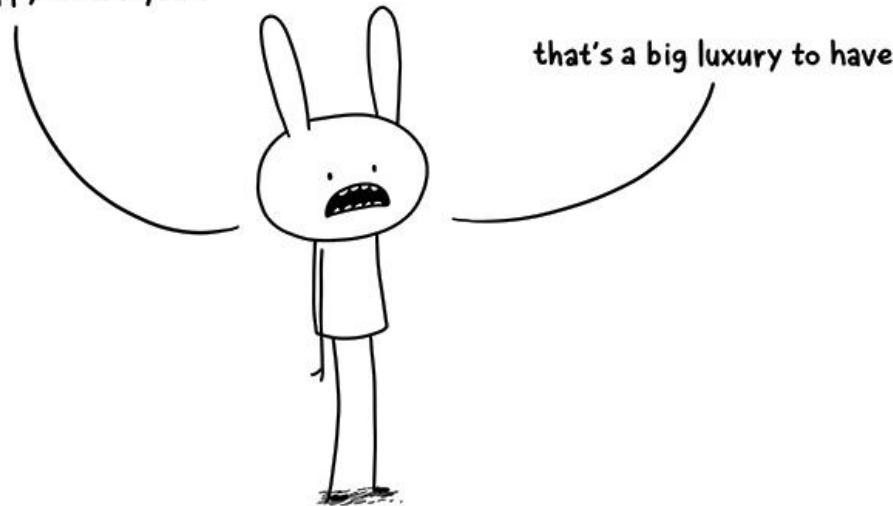
hyperactivity / impulsivity

- Fidgets with or taps hands or feet, squirms in seat
- Leaves seat in situations when remaining seated is expected
- Experiences feelings of restlessness
- Has difficulty engaging in quiet, leisurely activities
- Is “on-the-go” or acts as if “driven by a motor”
- Talks excessively
- Blurts out answers
- Has difficulty waiting their turn
- Interrupts or intrudes on others

**depression,
major / persistent
depressive disorder,
suicidal thoughts**

I'm not happy with myself

that's a big luxury to have



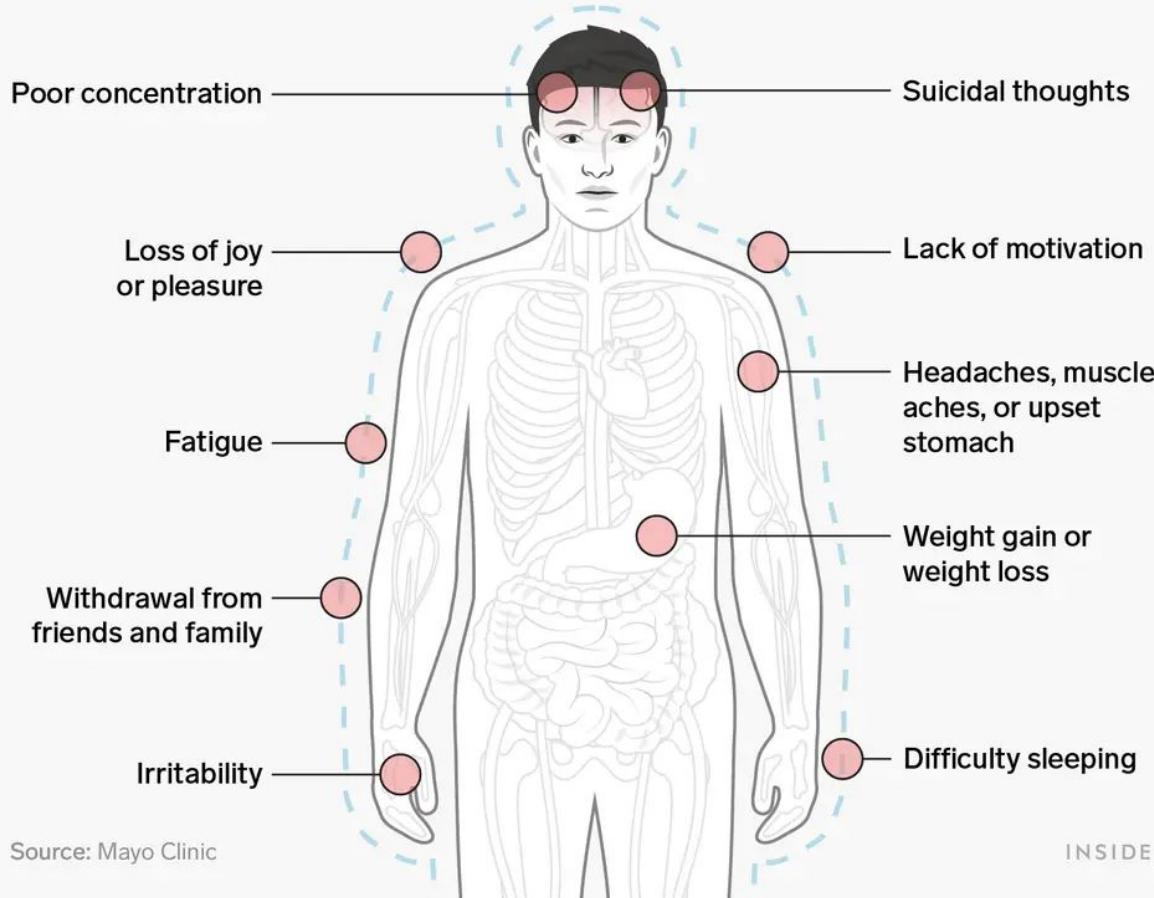


depression is a temporary mild episode(s) of sadness caused by a loss or a medical condition.

major depressive disorder is characterized by at least two weeks of pervasive low mood, low self-esteem, and loss of interest or pleasure in normally enjoyable activities.

persistent depressive disorder refers to low mood that has lasted for at least two years but may not reach the intensity of major depression. Many people are able to function day to day, but feel low or joyless much of the time.

Symptoms of depression



DEPRESSION

BY THE NUMBERS

32

Median age when depression is diagnosed

35%

Percentage of adults who do not receive treatment

17.7M

Annual number of Americans who experience depression

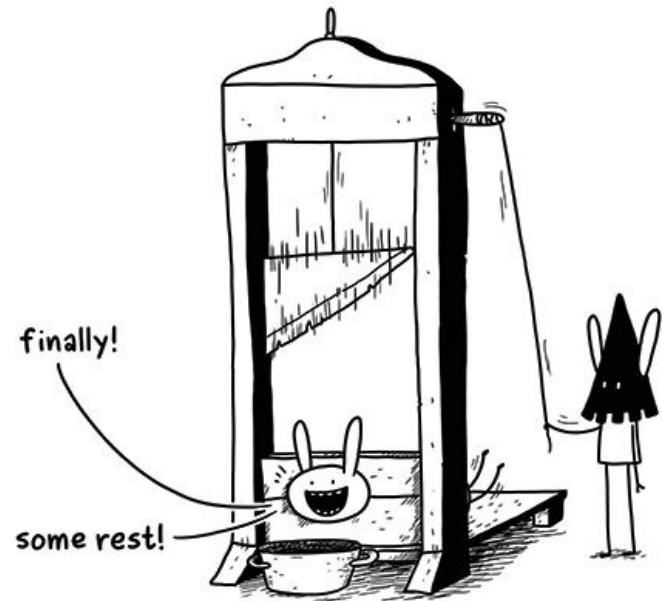
50%

The chance of having a second episode of depression

#1

Depression is the leading cause of disability in the U.S.

S U I C I D E



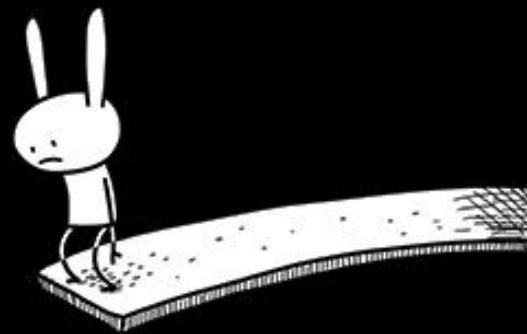




Photo by Jack Finnigan on Unsplash

suicidal thoughts without details

“ I don’t want to live anymore ”

“I don’t deserve to be on this planet ”

“ people would be happier if I wouldn’t exist ”

“ one day, I’ll be done with all that shit ”

“ I have no (more) reasons to stay alive ”

suicidal thoughts with the how, where or when

“ I will jump of the bridge next to my place tomorrow ”

“ I just bought a gun! I’ll show her what she has done to me at her party ”

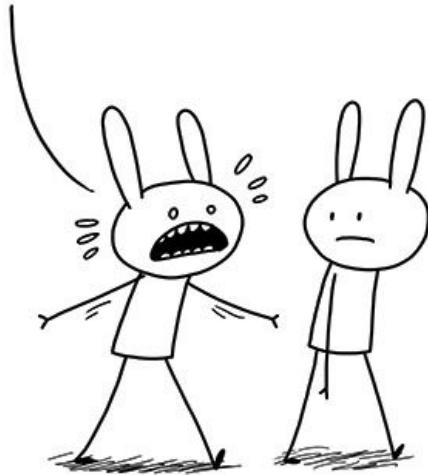
“ I have a knife on my bedside table for when I’ll be ready ”

“ pills overdose will be the less painful ”

“ if he don’t come back to me soon, I’ll hang myself ”

generalized
anxiety
disorder

all of a sudden
this thing called life
happens to me and now
I've got to deal with it!



generalized anxiety disorder is characterized by persistent & excessive anxiety & worry, far out of proportion to the actual likelihood or impact of the anticipated event(s), occurring more days than not for at least 6 months.

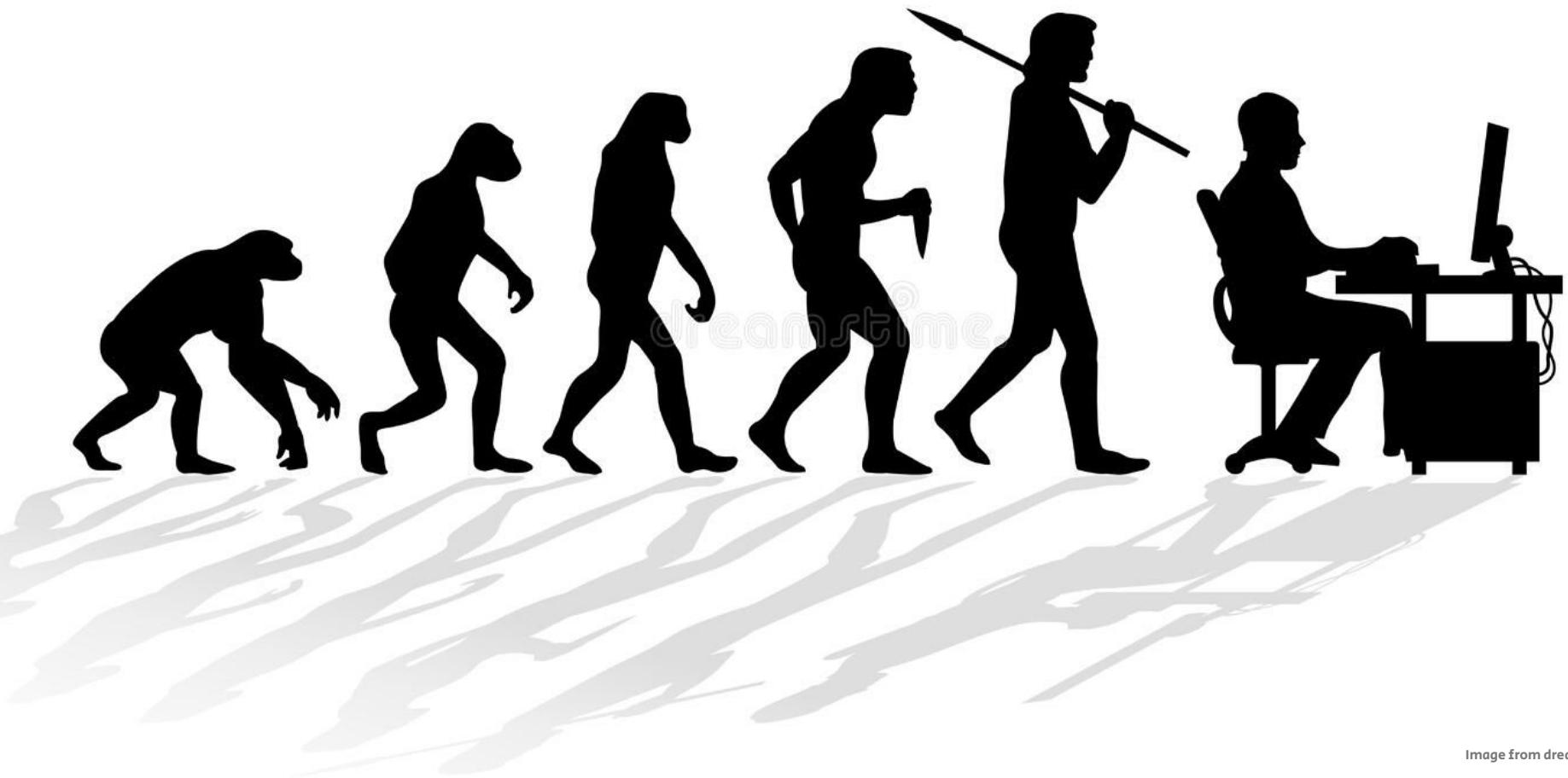


Image from dreamtime



anxiety / panic attack

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

Anxiety Statistics

Facts & Studies

ANXIETY IN THE U.S.



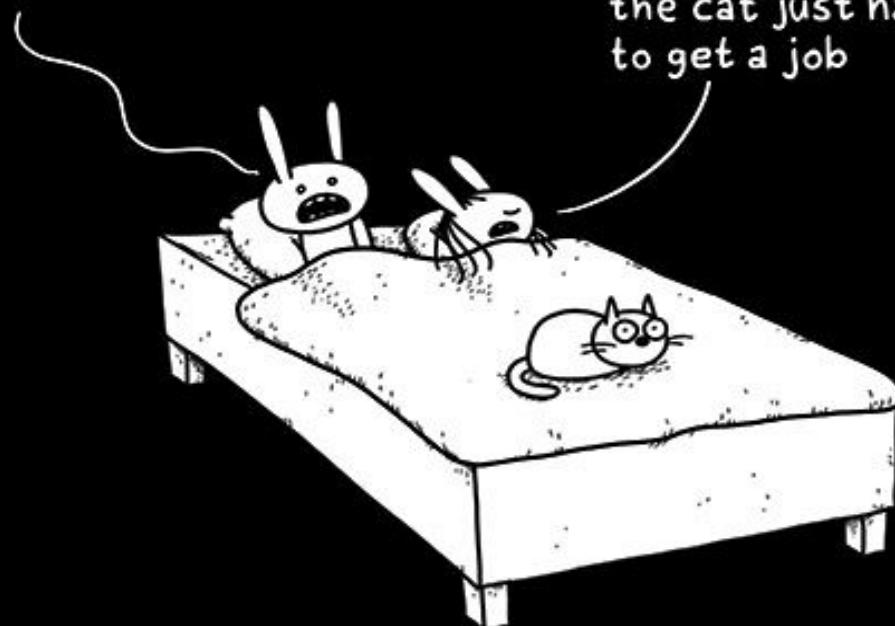
Anxiety impacts 18.1% of adults in the U.S.

40 million people

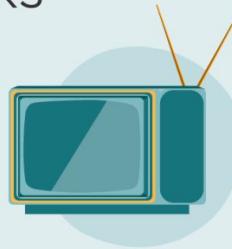
insomnia
disorder

how are we going to pay
all that tax and rent?!?

the cat just has
to get a job



INSOMNIA: RISKS



88% of U.S. adults say they've lost sleep to binge-watch TV



90% of people with depression have sleep complaints such as insomnia

Over **50%** of **post-9/11 veterans** screen positive for insomnia



Insomnia diagnoses increased **37%** from the start of the COVID-19 pandemic to its peak

INSOMNIA: PREVALENCE



1 in 3 people have brief insomnia symptoms

75% of adults ages 65 and older have insomnia symptoms

20% of preteens have insomnia symptoms

1 in 10 people have chronic insomnia symptoms



**help
yourself
& others**

THIS IS
THE SIGN
YOU'VE BEEN
LOOKING FOR

SELF
CARE
ISN'T
SELFISH

A close-up photograph of a person's hand holding a small, torn piece of white paper against a dark, out-of-focus background. The paper has the words "phone a friend" written in black ink in a cursive, handwritten style. Below the text is a simple drawing of a telephone handset connected by a coiled cord.

phone a
friend

A neon sign featuring the word "FRIENDS" in large, glowing green capital letters. The letters are arranged horizontally and appear to be made of individual segments, typical of a vintage neon sign. The background is dark, making the bright green neon stand out.

0800 689 5652

National Suicide Prevention Helpline UK



bit.ly/crisisnumbers

list of suicide crisis lines









Photo by Erik Brolin on Unsplash







Photo by Marcin Dompe from Pexels







Photo by Tima Miroshnichenko from Pexels

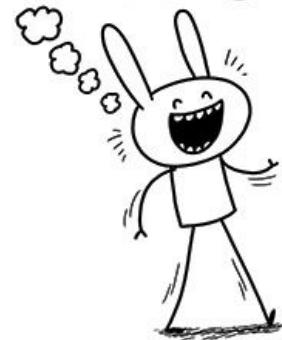


Photo by Christina Victoria Craft on Unsplash



Photo by Carrie Beth Williams on Unsplash

just fake it
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fuck
the mental health
taboo
& stigmas

i want to talk about my mental health, but...

crazyheadcomics

i'm scared i'll
be judged



the people around
me won't be supportive
or understanding



it could hurt
my career



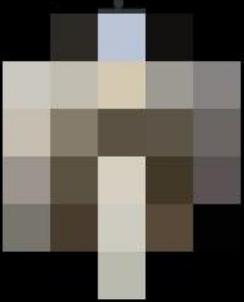
i don't want
people to
 pity me



i'm scared
it will define
me







· 2022-02-21 ...

Crazy how all this crap makes people dependent of a doctor or a medicine. Just face your anxiety and dont denied thats the only way they get cured. The rest is part of a system that needs you sick.



26



2



46





Photo by Victoria Borodinova from Pexels

initiation



A black and white photograph capturing a somber scene. In the foreground, a person is seen from the side, their head bowed and shoulders slumped, suggesting distress. They are wearing a dark hoodie with the words "BOYS GET SAD TOO" printed in large, bold, white capital letters, which are repeated five times along the front of the garment. The setting is a dimly lit area under a bridge or overpass, with wooden beams and shadows creating a gritty, urban atmosphere. The background is dark and out of focus, emphasizing the isolation and emotional weight of the individual.

BOYS GET SAD TOO
BOYS GET SAD TOO
BOYS GET SAD TOO
BOYS GET SAD TOO
BOYS GET SAD TOO

Suicide vs. Suicidal

Considered a
tragedy

Everyone feels
bad

Everyone is
present

Everyone
wishes they
“**saw the signs**”

Everyone
wishes they
hadn't done it



If someone is suicidal,
please take them
seriously – **it could
save their life.**

Considered
**attention
seeking**

Everyone feels
irritated

Everyone tries
to **avoid** them

Everyone
dismisses them

No one believes
they'll **ever do it**

**we,
the tech industry,
can do
better**



Photo by [@danielo.alvesd](#) on Unsplash







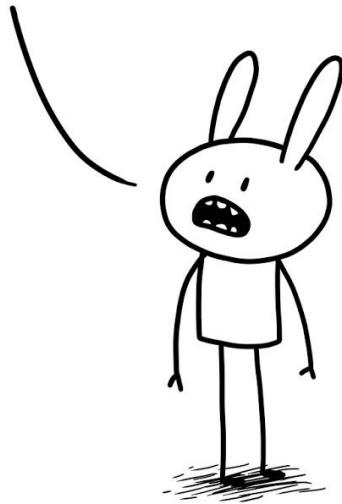
Photo by Victoria Heath on Unsplash



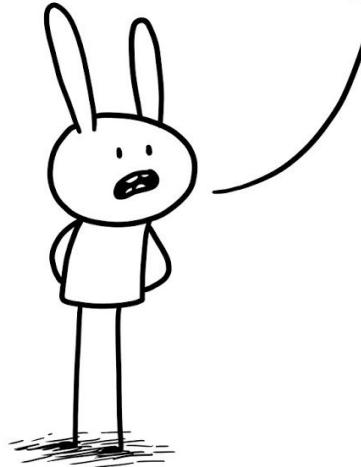
Photo by Jakayla Toney on Unsplash

well...
I

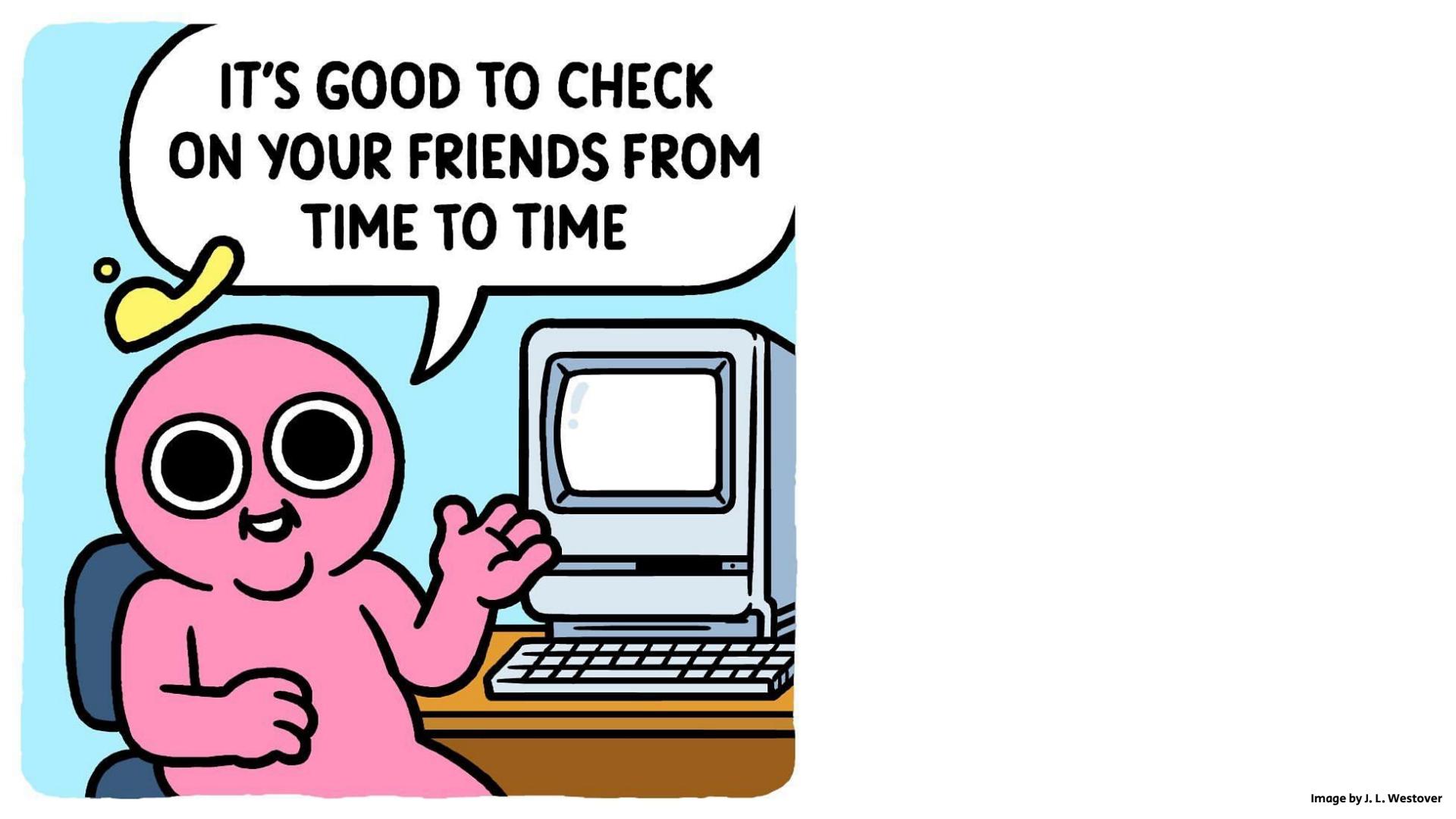
the world hasn't
exploded yet



so far, so good



1 + 1 = **∞**

A cartoon illustration of a pink, round-headed character with large white eyes and a small smile. The character is sitting at a brown desk, facing a vintage-style computer monitor and keyboard. A yellow thought bubble originates from the character's head, containing the text "IT'S GOOD TO CHECK ON YOUR FRIENDS FROM TIME TO TIME".

IT'S GOOD TO CHECK
ON YOUR FRIENDS FROM
TIME TO TIME

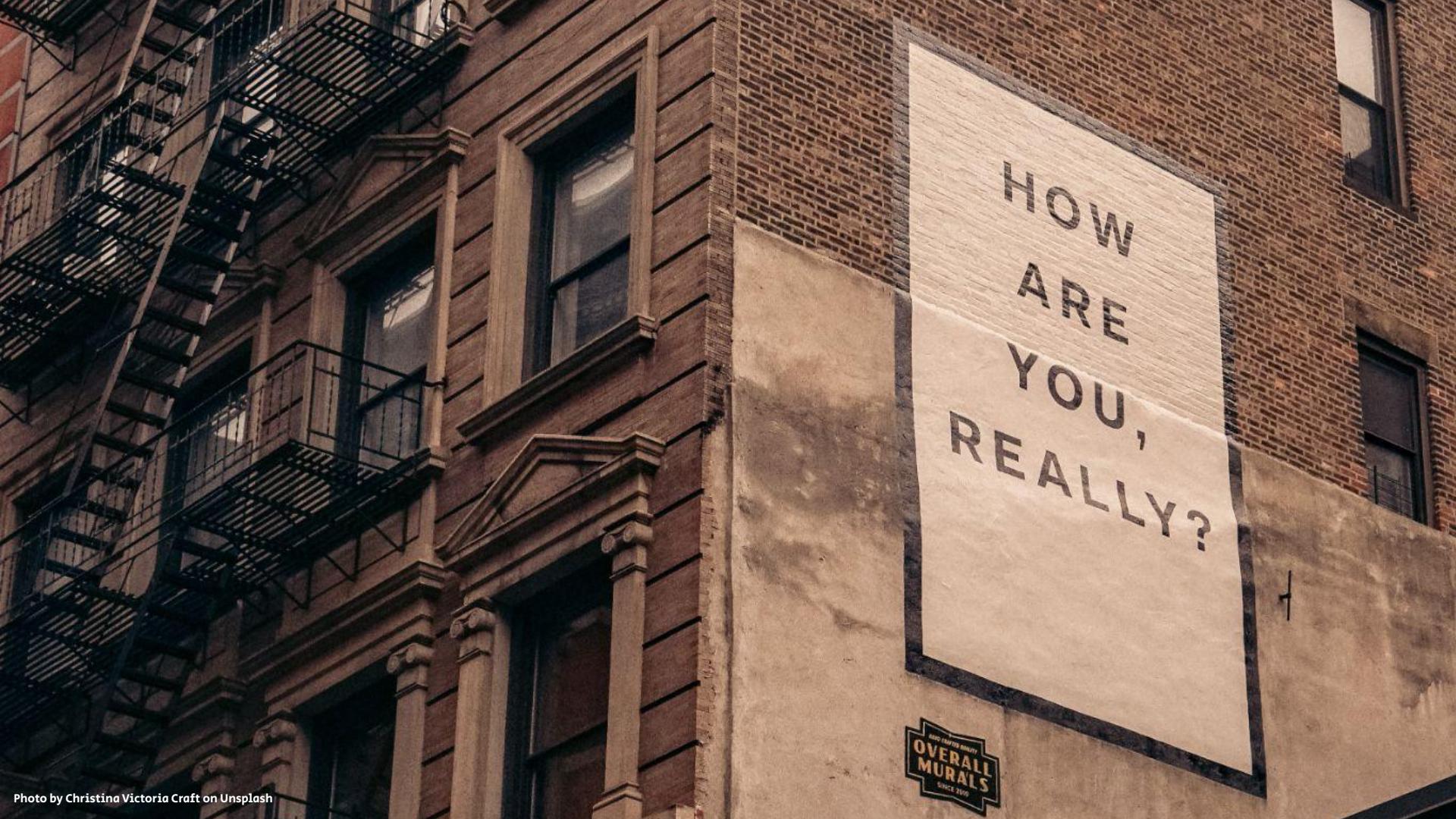






I'M SUCH A
GOOD FRIEND





HOW
ARE
YOU,
REALLY?



Frédéric Harper

director of
developer
relations

Mindee



hi@fred.dev

@fharper