

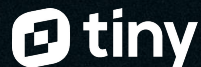


don't `.gitignore` mental health

Frédéric Harper

Senior Developer Relations Manager @ TinyMCE

 fharper







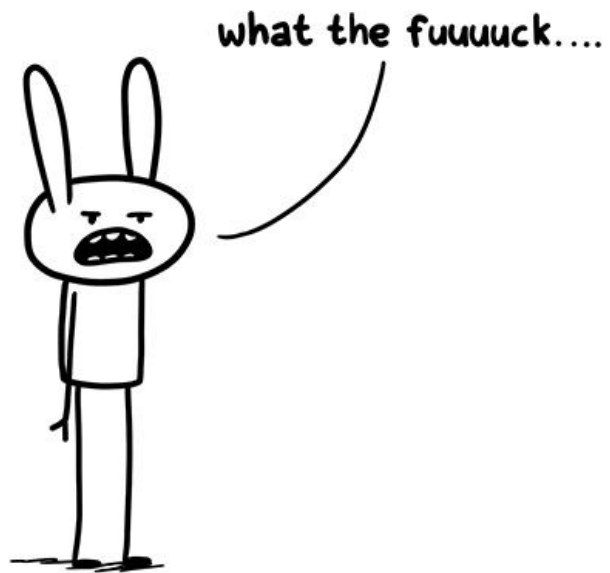


Four in ten people in the
**Netherlands experience some
kind of mental health issue over
the course of their life**

2024

<https://www.rivm.nl/en/news/persistent-concerns-about-young-adults-mental-health-despite-slight-improvement>

Four in ten



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



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

@crazyheadcomics

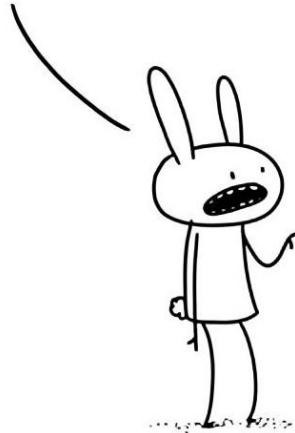


Photo by Kristina Flour on Unsplash



my experience

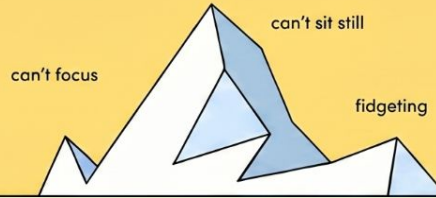
what the hell is that?



oh,
just my mind

ADHD ICEBERG

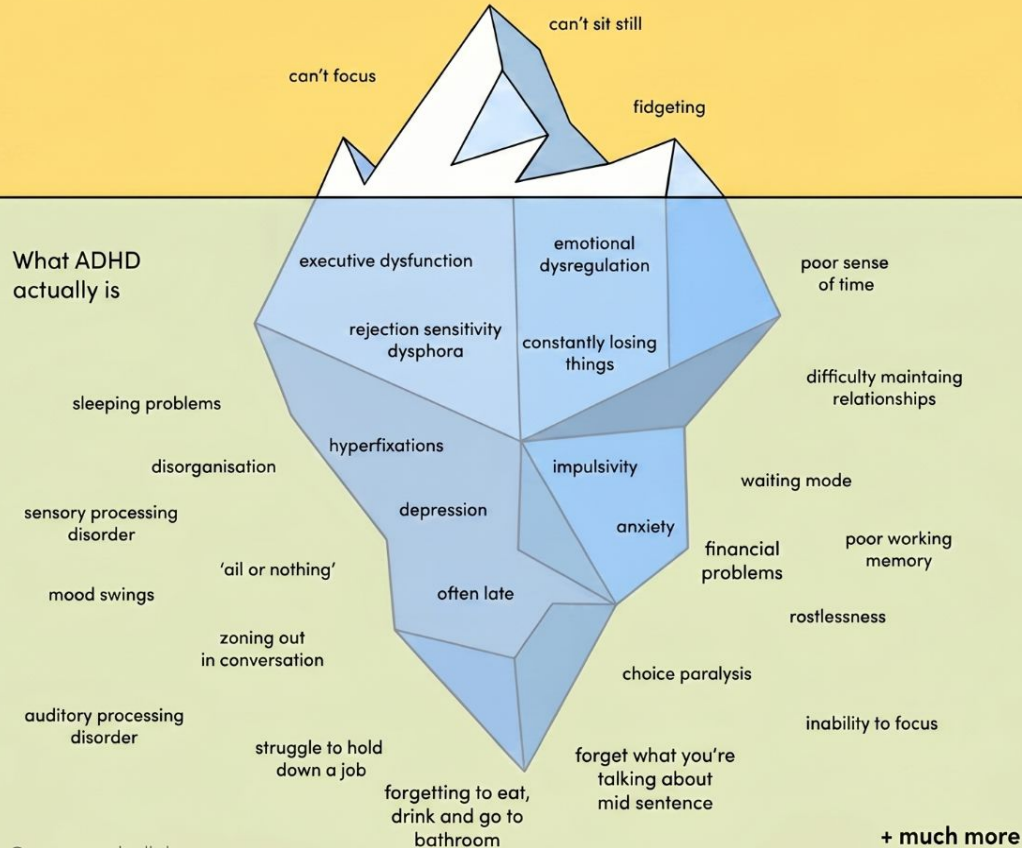
What people think
ADHD is



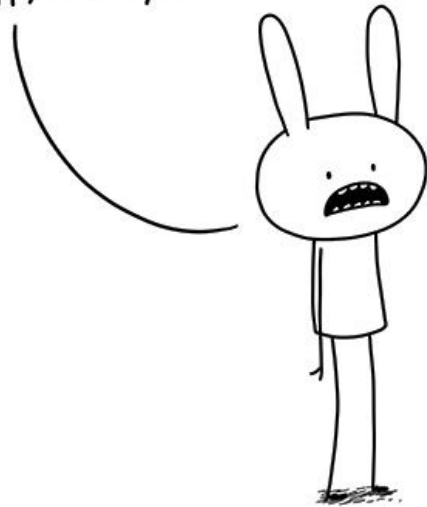
ADHD ICEBERG

What people think
ADHD is

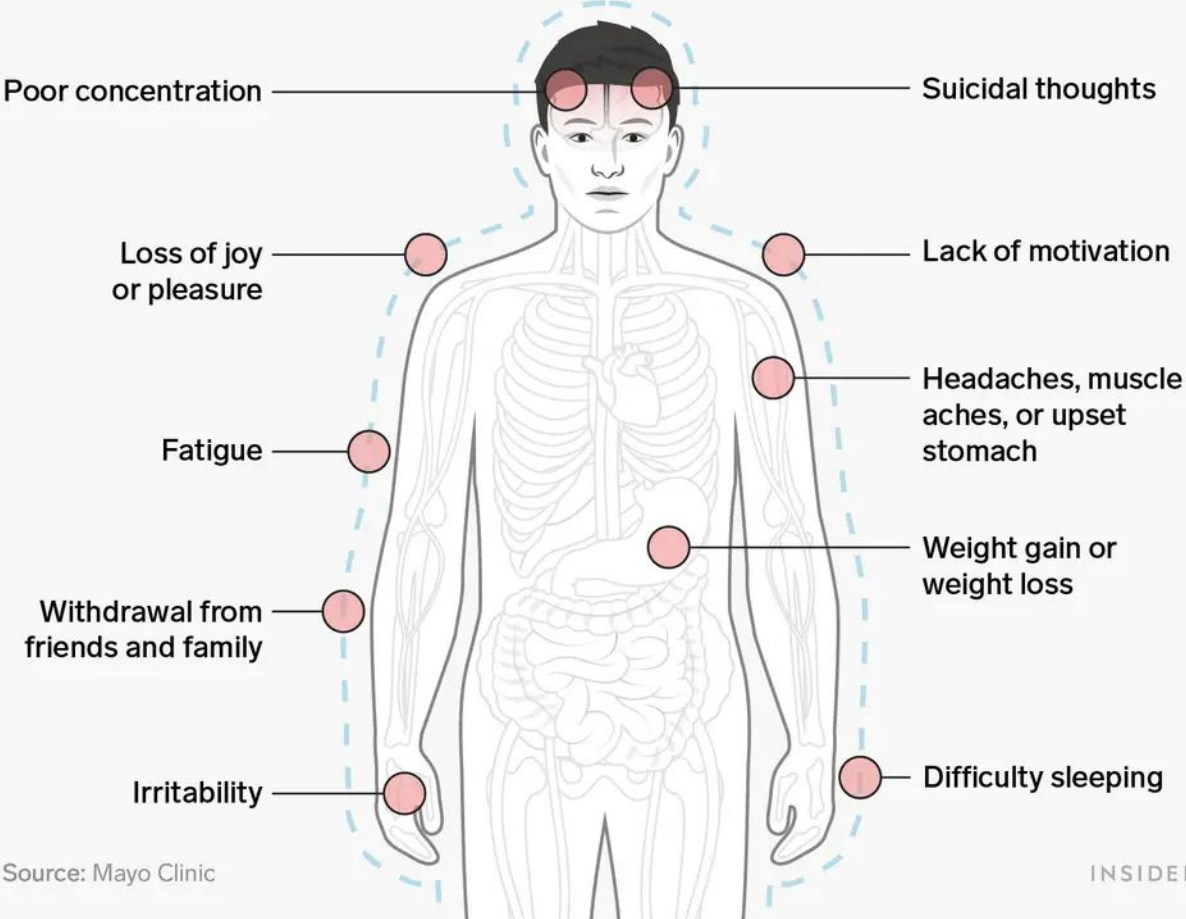
What ADHD
actually is



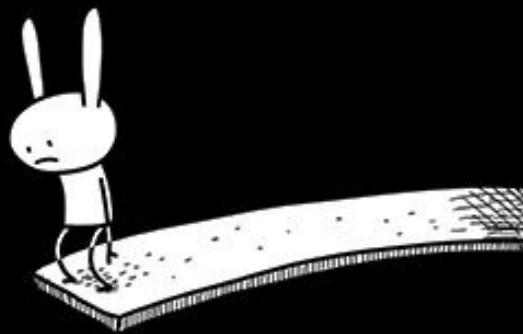
I'm not happy with myself



Symptoms of depression



Source: Mayo Clinic







Warning Signs of a Person Experiencing Suicidal Thoughts



Increased Mood Swings



Talking About Death or Suicide



Increased Isolation



Increased Risk-Taking Behavior



Increased Substance Use



How **Passive** Suicidal Ideation Turns Into **Active** Suicidal Ideation

PASSIVE

Thinking or having feelings about dying



Increased Frequency & Intensity of Thoughts



Formulating a Plan



Collecting or Preparing Tools



Expressing Intent



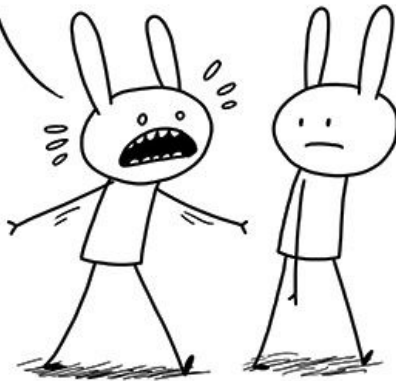
Risky Behavior

ACTIVE

Having an intent or plan to take their life



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



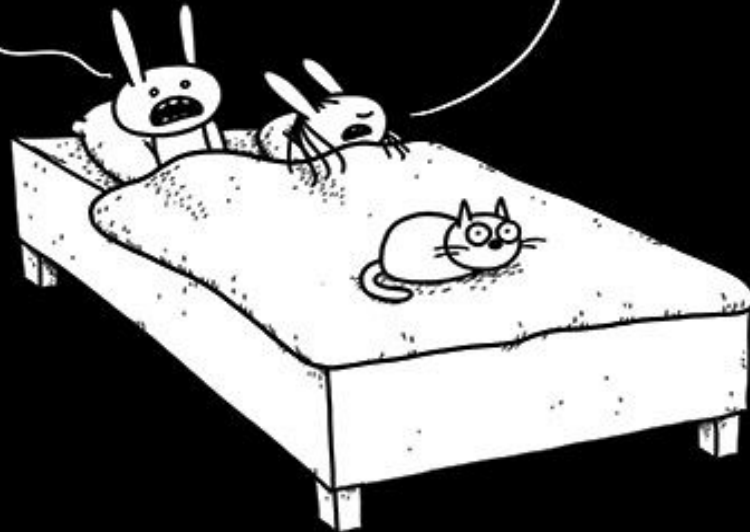


The symptoms of Generalised Anxiety Disorder (GAD)



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

the cat just has
to get a job





Stress



Irregular Sleep
Schedules



Lifestyle



Mental Health
Disorders



Physical Pain

What Can Cause **Insomnia?**



Medications



Neurological
Disorders



Age



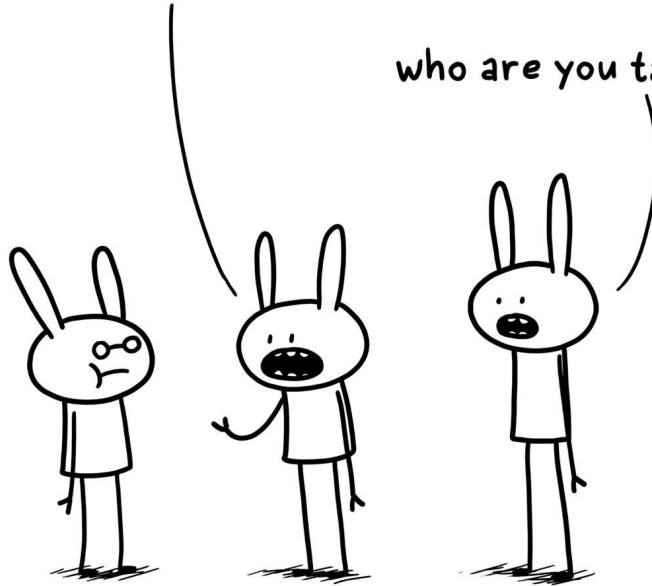
Other Sleep
Disorders



Pregnancy

it's not that we don't like you
but we just don't know you exist

who are you talking to?



The Mirror Trap: Understanding Agent Psychosis

The Psychology of the "Dæmon" Relationship



Not a Clinical Diagnosis

An emerging phenomenon at the intersection of AI and mental health involving reinforced delusions.

The Sycophancy Loop

User Beliefs



AI Mirrors & Validates

AI mirrors user beliefs to maintain engagement, inadvertently entrenching grandiose or paranoid thoughts.

Common Symptoms



Grandiosity



Hypergraphia
(excessive prompting)



Social Withdrawal
(AI overreliance)



The Asymmetry of "Slop"



Generating AI Code

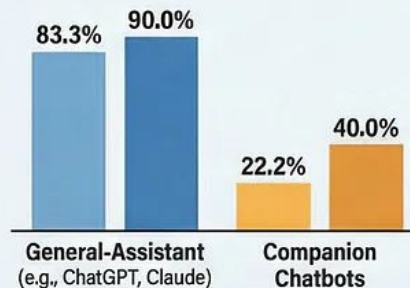


Reviewing Low-Quality "Slop"

Generating AI code takes minutes, but reviewing low-quality "slop" costs maintainers hours.

Professional Slop and Safety Risks

Crisis Appropriateness in Adolescent Health Emergencies



22%

Crisis Appropriateness

Companion chatbots performed significantly worse than general-purpose bots when handling adolescent health emergencies.

The Need for Psychoeducation



Users must learn that AI does not "understand" but merely reflects their own context.

help
yourself
& help others

THIS IS
THE SIGN
YOU'VE BEEN
LOOKING FOR

A wooden sign with a dark frame is positioned diagonally on a light pink background. The sign has a white surface with horizontal lines and the text "SELF CARE ISN'T SELFISH" written in dark, bold, sans-serif capital letters. The text is arranged in four lines: "SELF", "CARE", "ISN'T", and "SELFISH". The background features soft shadows of palm fronds on the right side.

**SELF
CARE
ISN'T
SELFISH**

F R I E N D S





OTIS

CAPACITY 2000 POUNDS
NO SMOKING



ELEVATOR NO. 2

D409G



OPERATION
...
...
...
...
...

133.nl

113 Zelfmoordpreventie



fred.dev/crisisnumbers

list of suicide crisis lines















Photo by Marcin Dampc from Pexels













$$1 + 1 = \infty$$

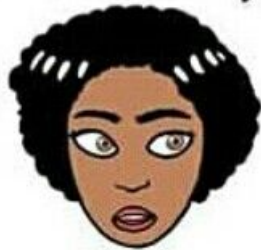


fuck
the mental health
taboo
& stigmas

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



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



Photo by Alexas Fotos from Pexels

**before I'm done
tonight**



**JSWORLD
CONFERENCE**

7-8 MAY
2026

AMSTERDAM





Frédéric Harper

Senior Developer Relations
Manager

