

A black and white photograph of a person's hands holding a glowing heart-shaped light. The person's face is partially visible in the background, looking down at the heart. The heart is a bright white outline against a dark background.

don't .gitignore mental health

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 fharper







→ `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

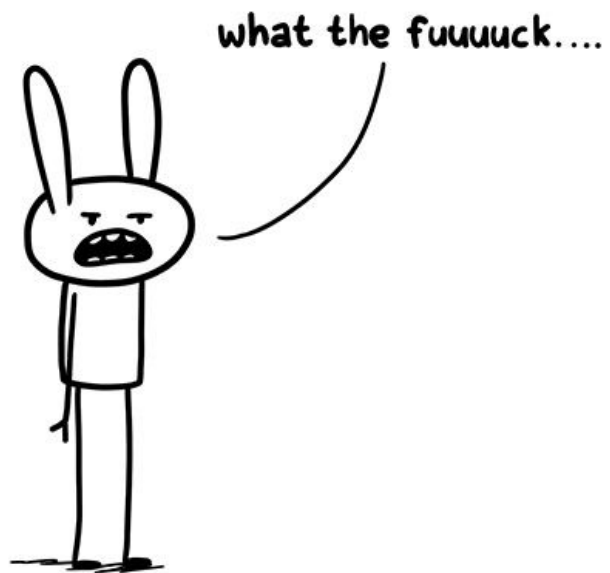
→ `git` push -u attendees

1 in 4

adults experiences
mental illness every year.

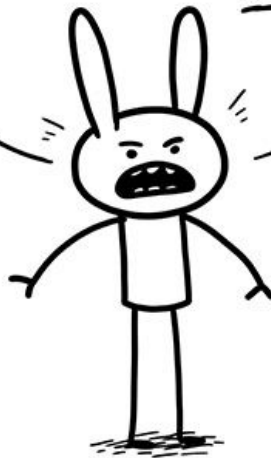
1 in 17

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

what the hell is that?



oh,
just my mind

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

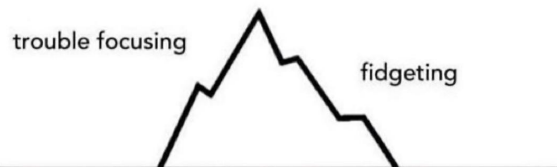


WHAT ADHD CAN LOOK LIKE:

- 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 LOOSING 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



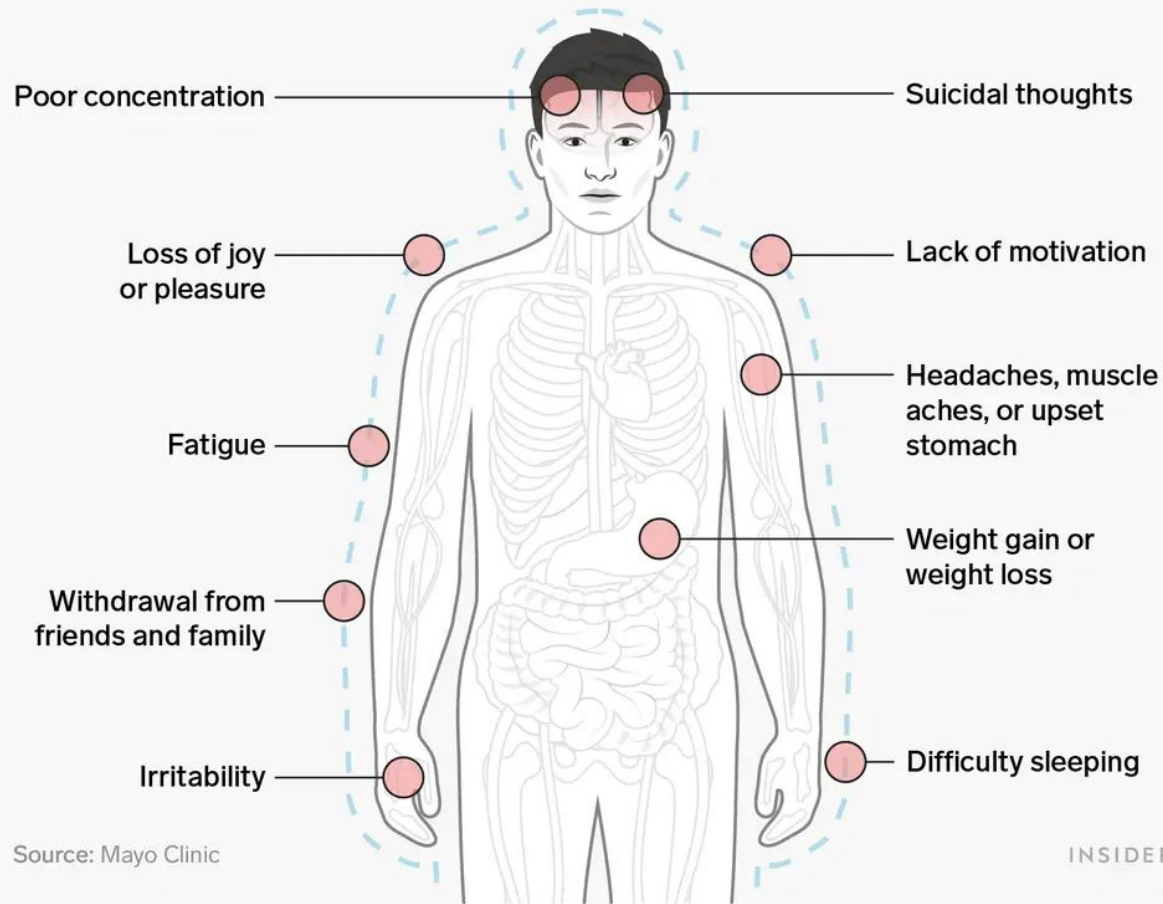


depression is a temporary mild episode(s)
of sadness caused by a loss or a medical
condition.

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



Source: Mayo Clinic

INSIDER

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

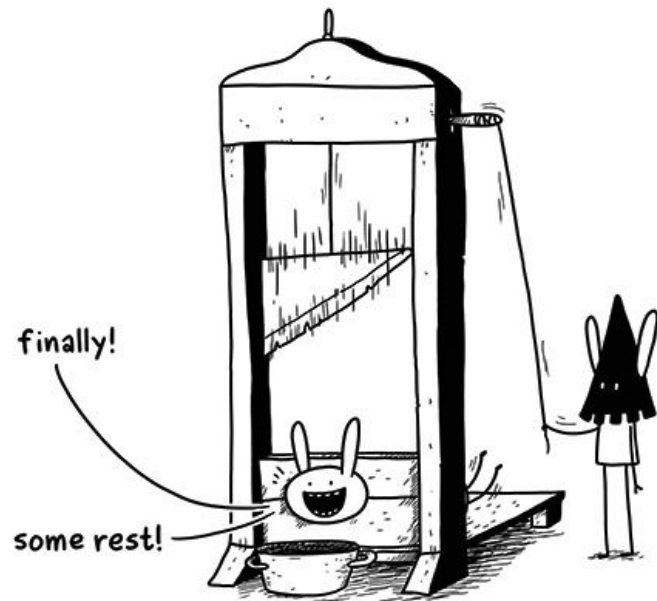
50%

The chance of
having a second
episode of
depression

#1

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

SUICIDE



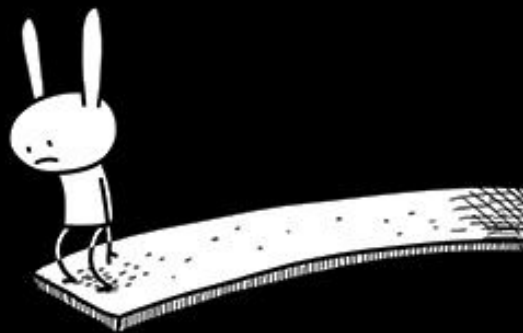




Photo by Jack Finnigan on Unsplash

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 ”

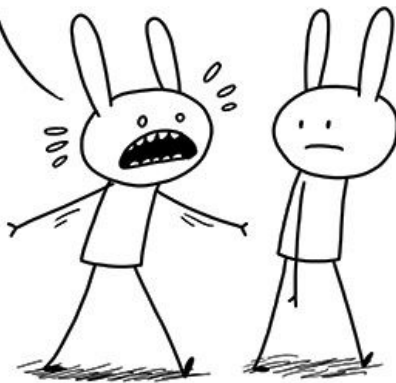
“ I have a knife on my bedside table for when I'll be ready ”

“ pills overdose will be the less painful ”

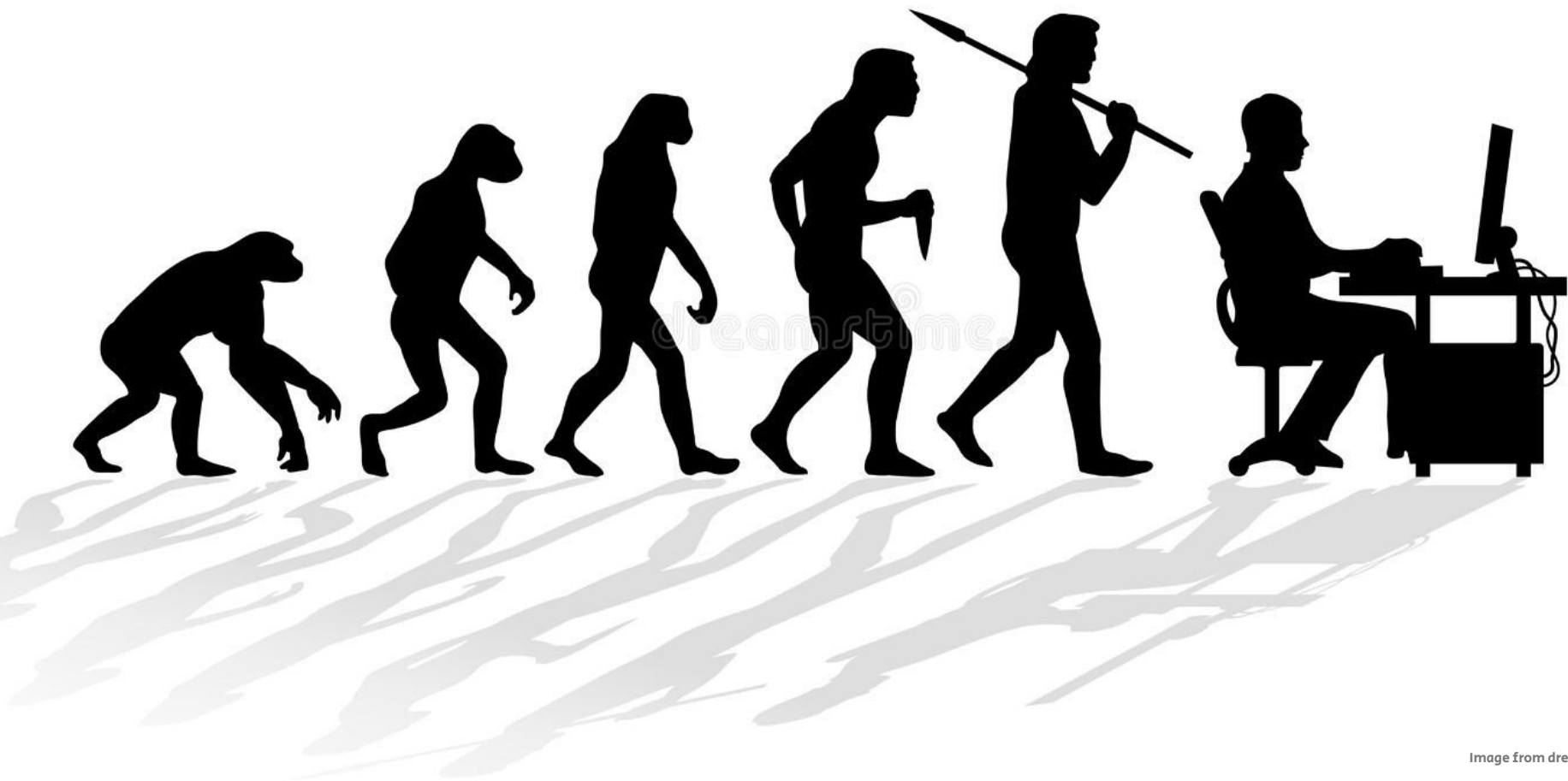
“ if he don't come back to me soon, I'll hang myself ”

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.





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.



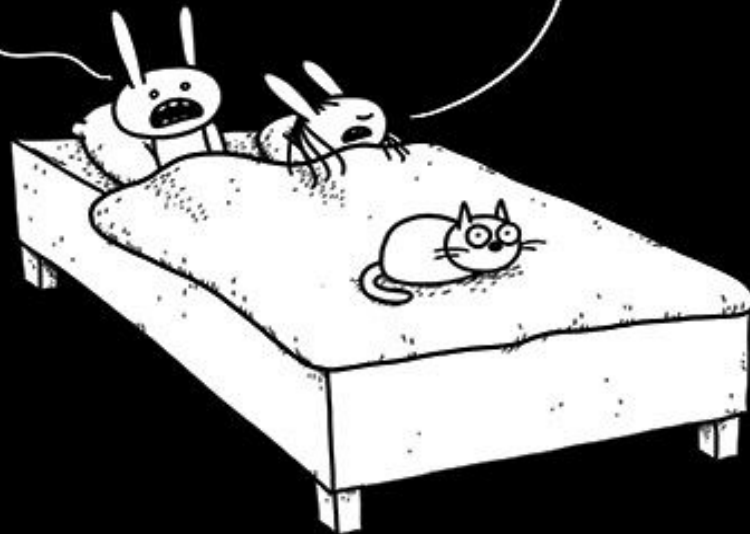
Anxiety impacts 18.1% of
adults in the U.S.

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: PREVALENCE

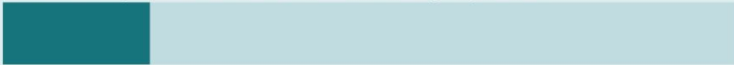


1 in 3 people have
brief insomnia symptoms

75% of adults ages 65 and older have insomnia symptoms



20% of preteens have insomnia symptoms

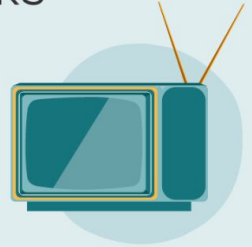


1 in 10 people have
chronic insomnia symptoms



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



help
yourself
& others

THIS IS
THE SIGN
YOU'VE BEEN
LOOKING FOR



SELF
CARE
ISN'T
SELFISH

phone a
friend



FRIENDS

0800 689 5652

National Suicide Prevention Helpline UK



bit.ly/crisisnumbers

list of suicide crisis lines
























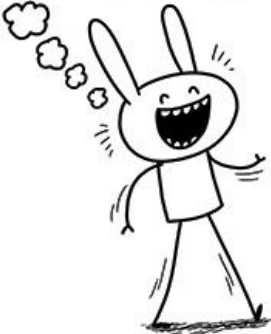


Photo by Carrie Beth Williams on Unsplash

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A large speech bubble with a scalloped border contains the phrase "just fake it" repeated 48 times in a black, monospaced font, arranged in 12 rows of four.

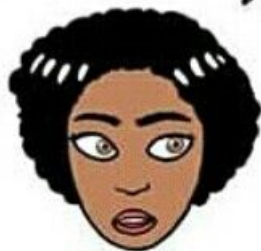


fuck
the mental health
taboo
& stigmas

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 the get cured. The rest is part of a system that needs you sick.



26



2



46





HEALTH



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



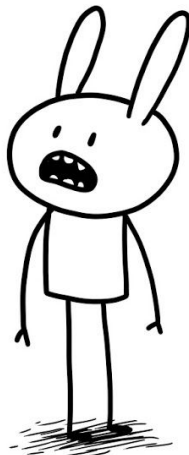




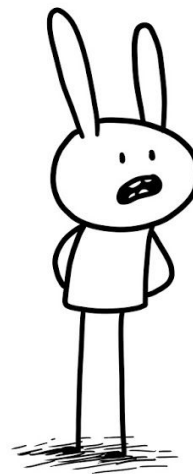




well...
|
the world hasn't
exploded yet

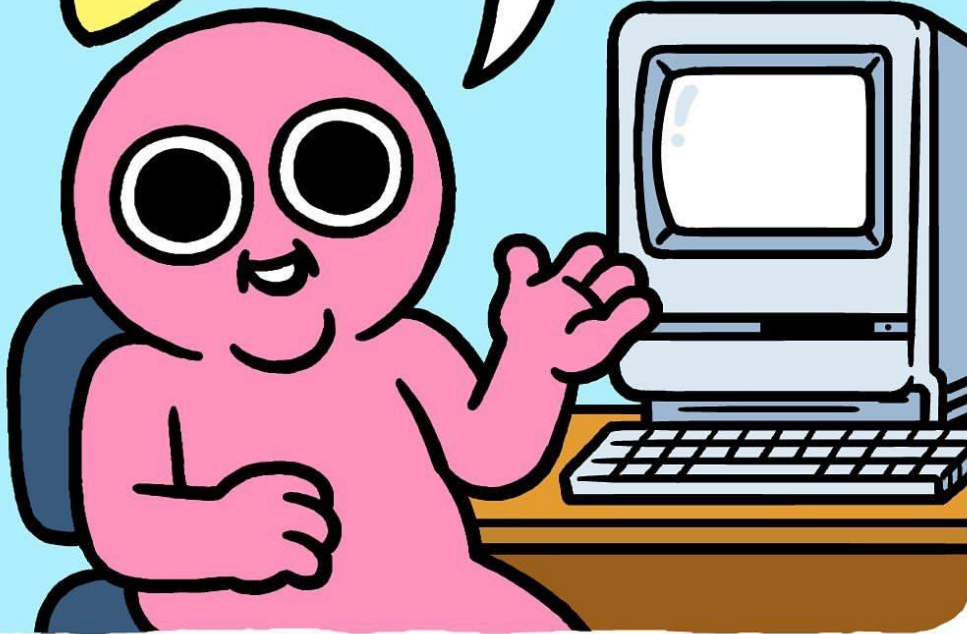


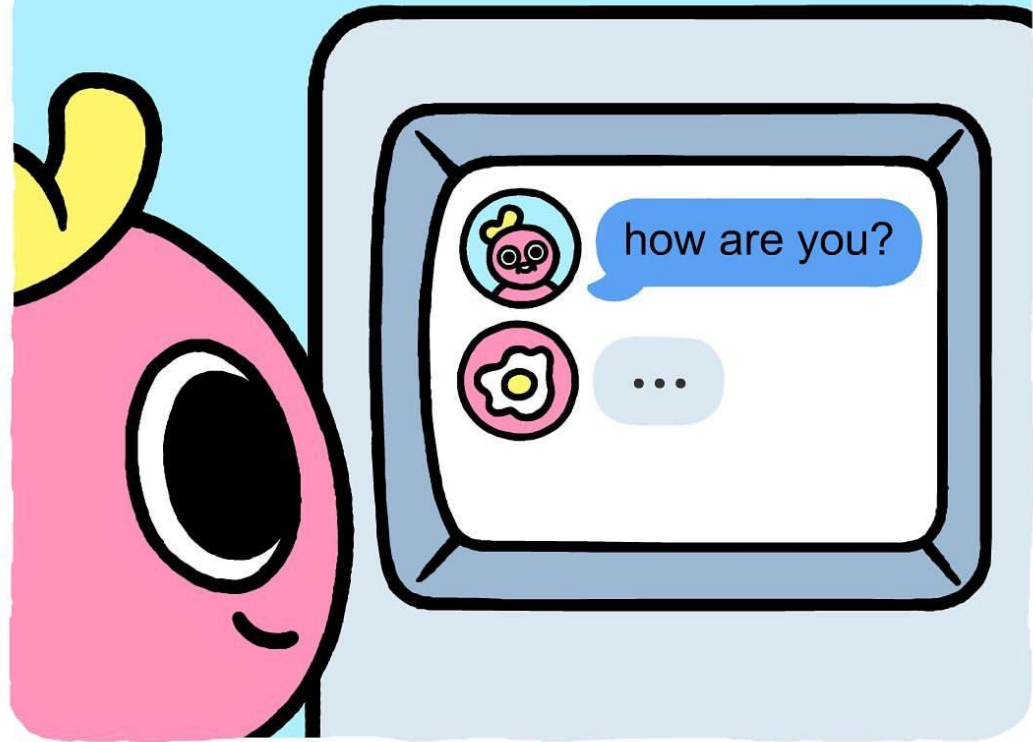
so far, so good

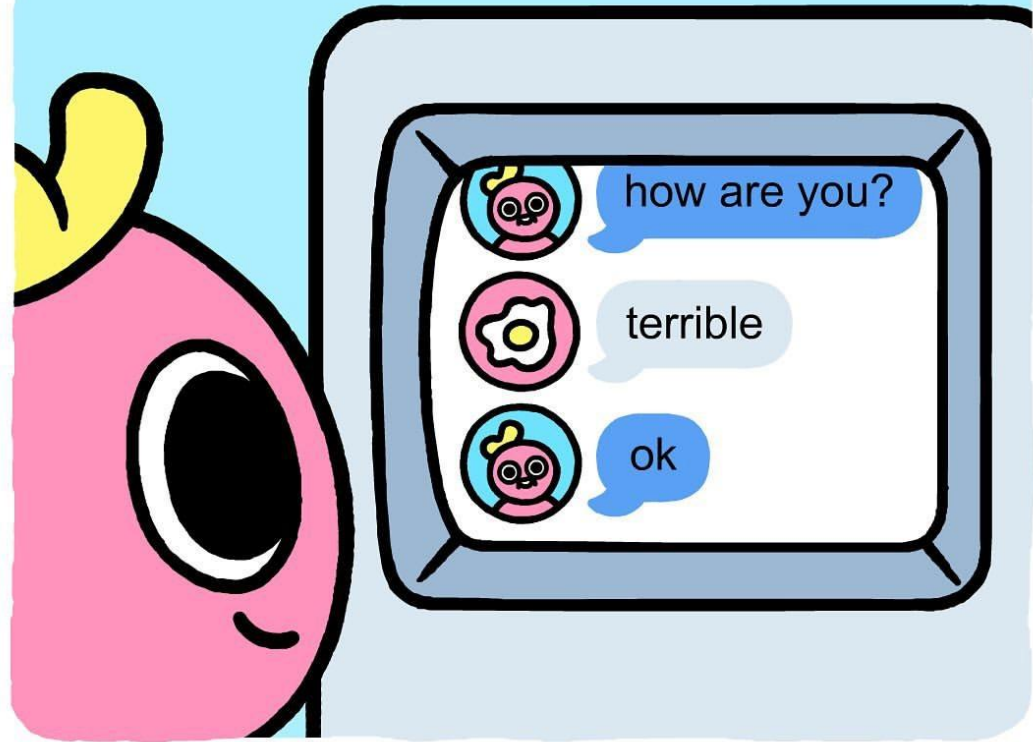


$$1 + 1 = \infty$$

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











HOW
ARE
YOU,
REALLY?



Frédéric Harper

director of
developer
relations

Mindee

hi@fred.dev

@fharper

