

ERASING THE STIGMA

MENTAL ILLNESS IN TECH

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MidCamp Chicago • #MidCamp • #OSMI

WHO THE HECK IS THIS GUY?

OH YEAH, I HAVE MENTAL ILLNESSES

NOT A DOCTOR

**WHY TALK ABOUT
THIS?**

**BURDEN OF MENTAL DISORDERS IS THE
LARGEST OF ALL DISORDER CATEGORIES IN
NORTH AMERICA - WHO 2008**

**IT NEEDS TO BE TALKED
ABOUT**

WHY SHOULD THIS BE IMPORTANT TO YOU?

WHY IS THIS IMPORTANT TO ME?

I'M NOT WEAK; I'M SICK

ABOUT YOU

AKA UNEXPECTED AUDIENCE PARTICIPATION

TIME TO GET UNCOMFORTABLY PERSONAL

- Major Depression
- Anxiety Disorder
- PTSD

I ACCEPTED SOMETHING WAS WRONG

I GOT TREATMENT

**WHAT WAS LIFE LIKE BEFORE I SOUGHT
TREATMENT?**

**WHAT WAS LIFE LIKE BEFORE I SOUGHT
TREATMENT?**

CONSTANTLY AFRAID

**WHAT WAS LIFE LIKE BEFORE I SOUGHT
TREATMENT?**

ALONE

**WHAT WAS LIFE LIKE BEFORE I SOUGHT
TREATMENT?**

ANGRY

**WHAT WAS LIFE LIKE BEFORE I SOUGHT
TREATMENT?
MISUNDERSTOOD**

HOW HAS TREATMENT AFFECTED ME?

I'M NOT ALONE / WE'RE

NOT ALONE

**WHAT IS MENTAL
ILLNESS?**

WHY TECH SPECIFICALLY?

**MORE UNEXPECTED AUDIENCE
PARTICIPATION!**

WHO HERE HAS TAKEN A SICK DAY?

**WHO HAS BEEN AFRAID TO CALL OFF FOR
INJURIES OR INFECTIONS?**

**WHO HAS EVER TOLD SOMEONE WITH
GLASSES OR CONTACTS TO TRY LOOKING
HARDER?**

**WHO HAS EVER TOLD SOMEONE IN A
WHEELCHAIR THAT THEY SHOULD JUST GET
OVER IT AND WALK?**

**WHO HAS EVER TOLD SOMEONE WITH
DIABETES, HIGH BLOOD PRESSURE, OR A
HEART CONDITION TO STOP TAKING THEIR
MEDICINE?**

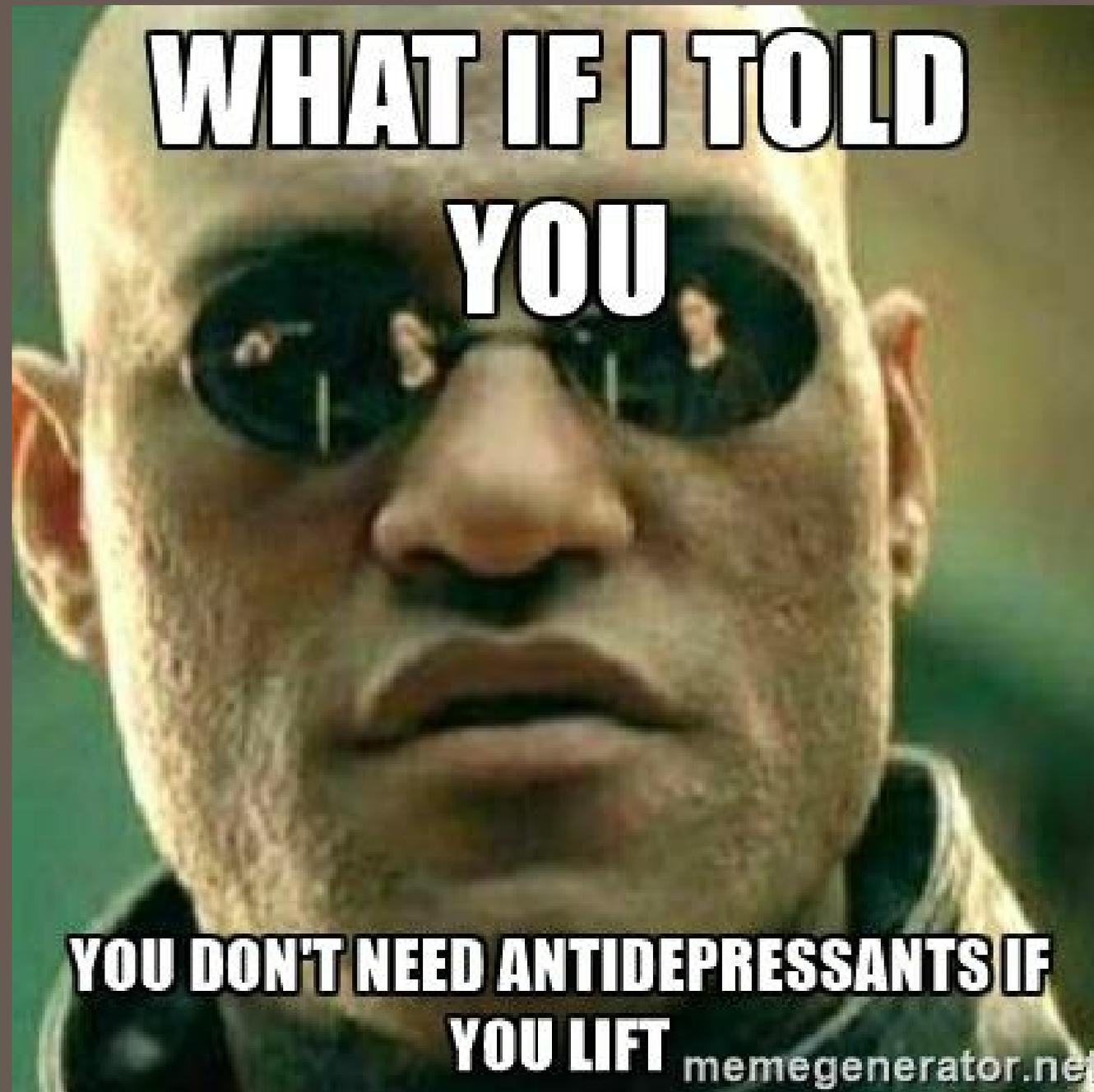
IMAGES LIKE THIS



THIS...

**I don't
need
pills to be
happy!**

AND THIS...

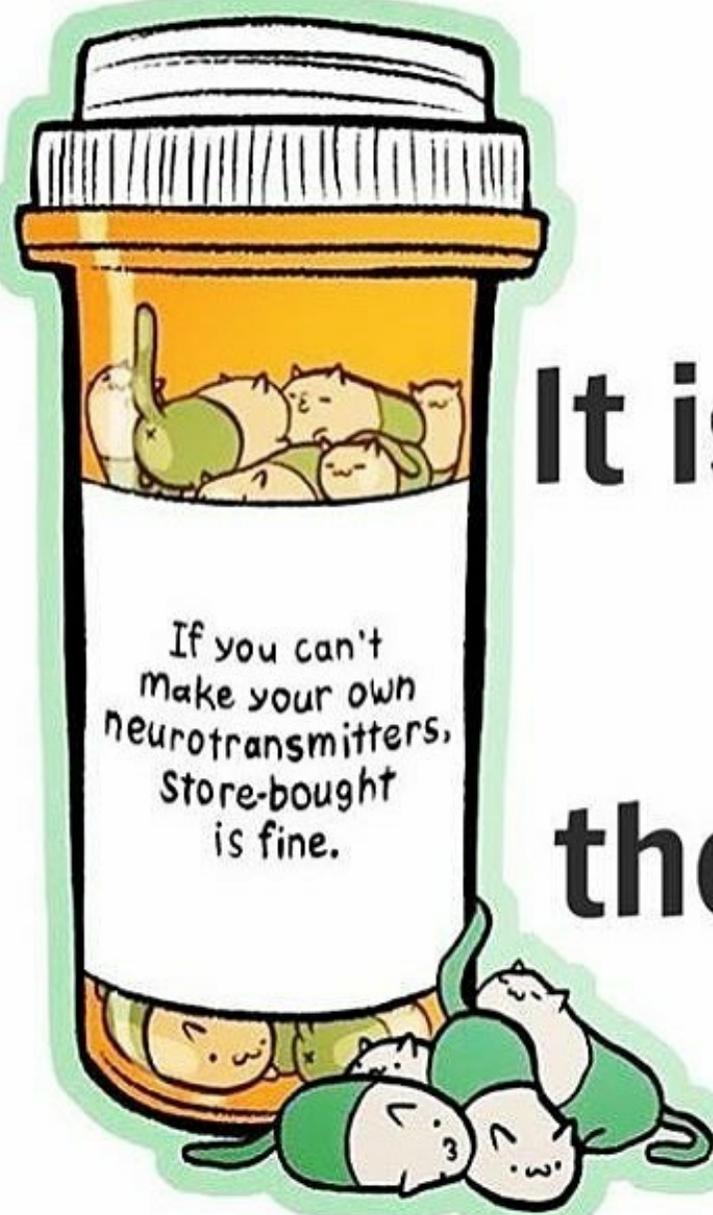


**WHAT IF I TOLD
YOU**

**YOU DON'T NEED ANTIDEPRESSANTS IF
YOU LIFT** memegenerator.net

**THEY ALL PRETTY MUCH SAY THE SAME
THING**

BUT REMEMBER...



**It is time to
END
the stigma**

@BKLYNCATSHRINK

**WHAT IF PEOPLE WITH PHYSICAL HEALTH
PROBLEMS WERE TREATED THE WAY
PEOPLE WITH MENTAL HEALTH PROBLEMS
WERE TREATED?**



SO HOW DO WE ERASE THE STIGMA?

WE NEED TO BE...



STRONGER THAN FEAR

**THIS IS ALL GOOD FOR PERSONAL
RELATIONSHIPS, BUT WHAT ABOUT THE
WORKPLACE?**

LET'S SEE WHAT THE DATA SAYS!



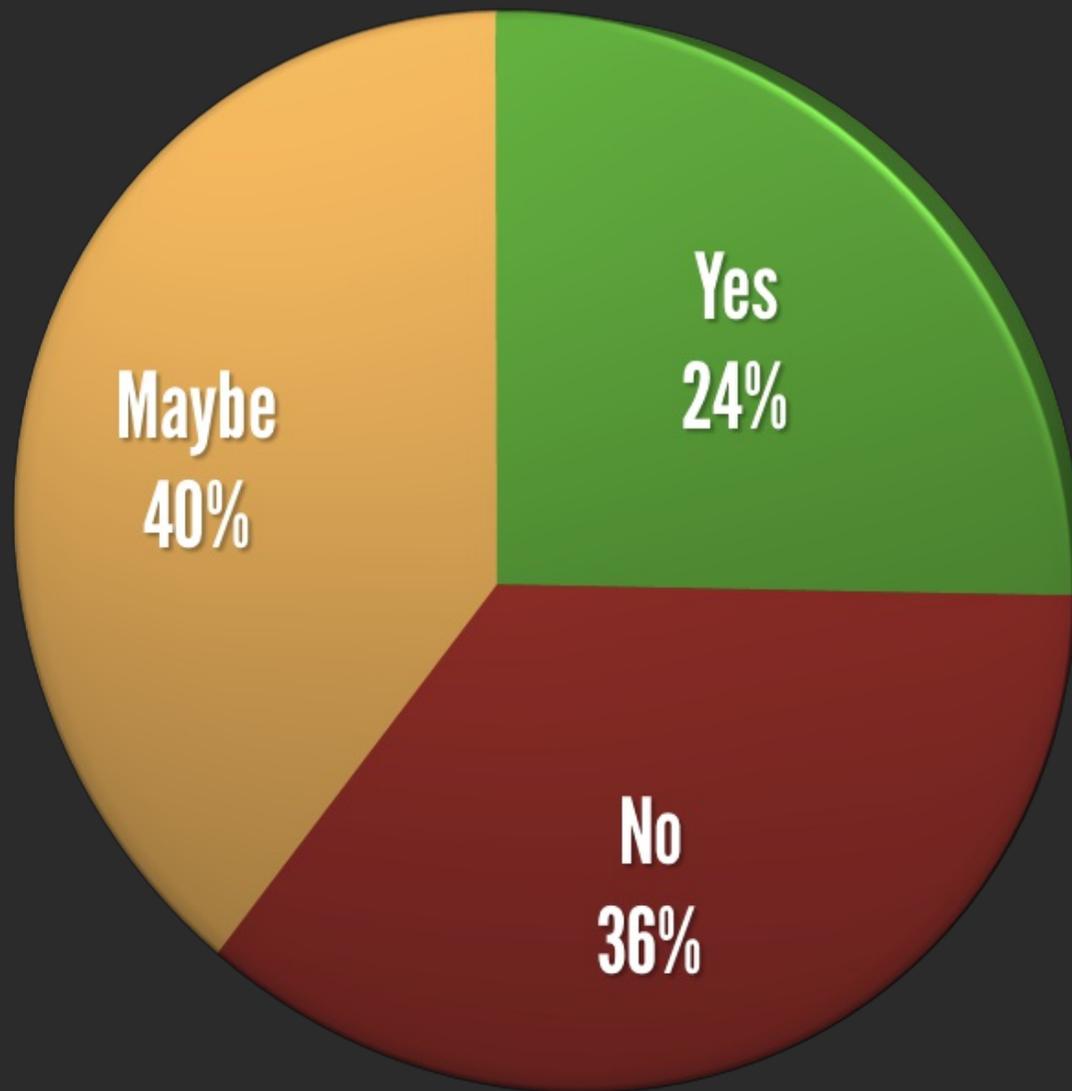
MENTAL HEALTH IN TECH 2016 SURVEY RESULTS

As of 11/16/2016, US Residents, Non-self-employed

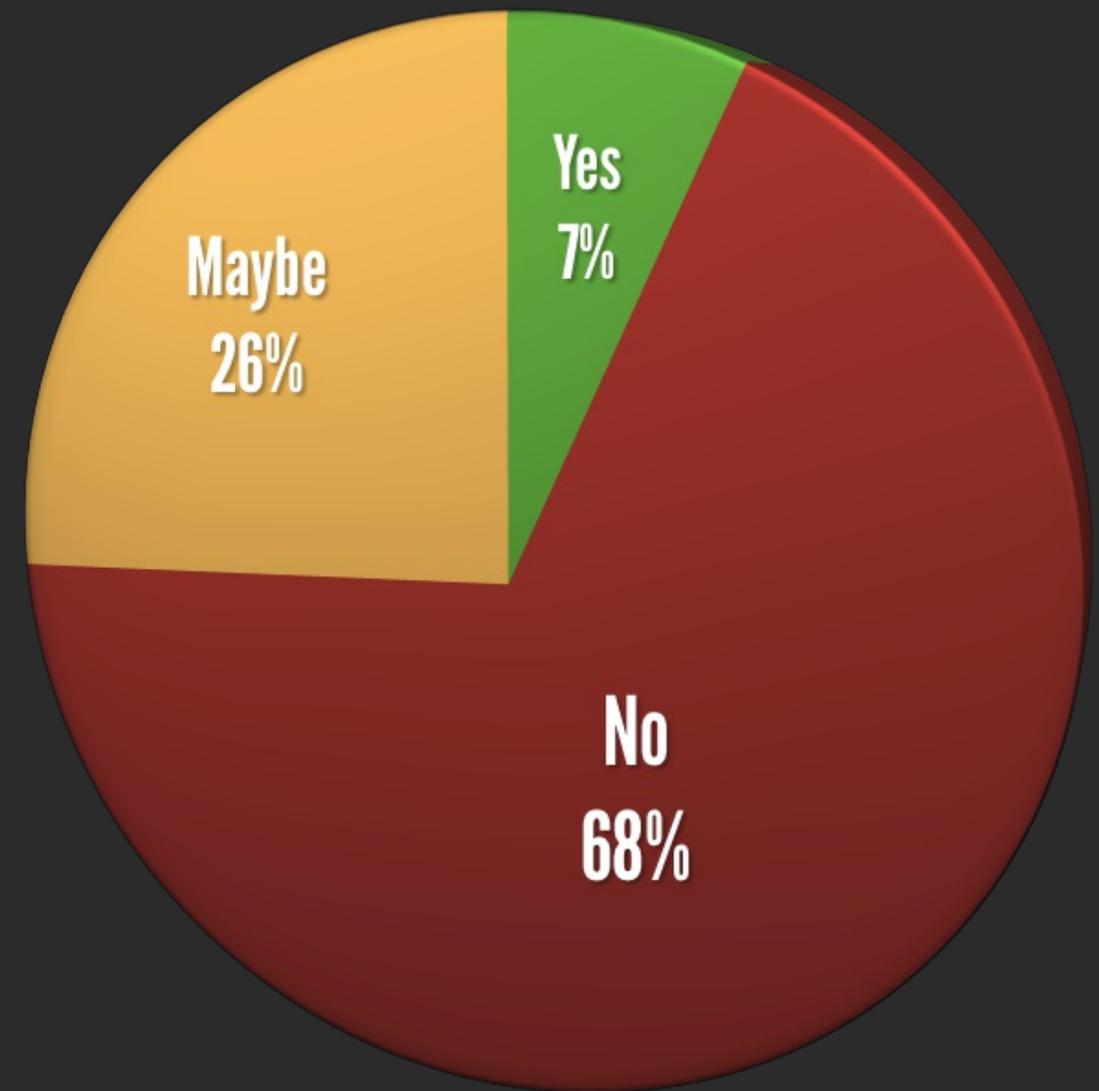
osmihelp.org/research

Would you bring up a health issue with a potential employer at an interview?

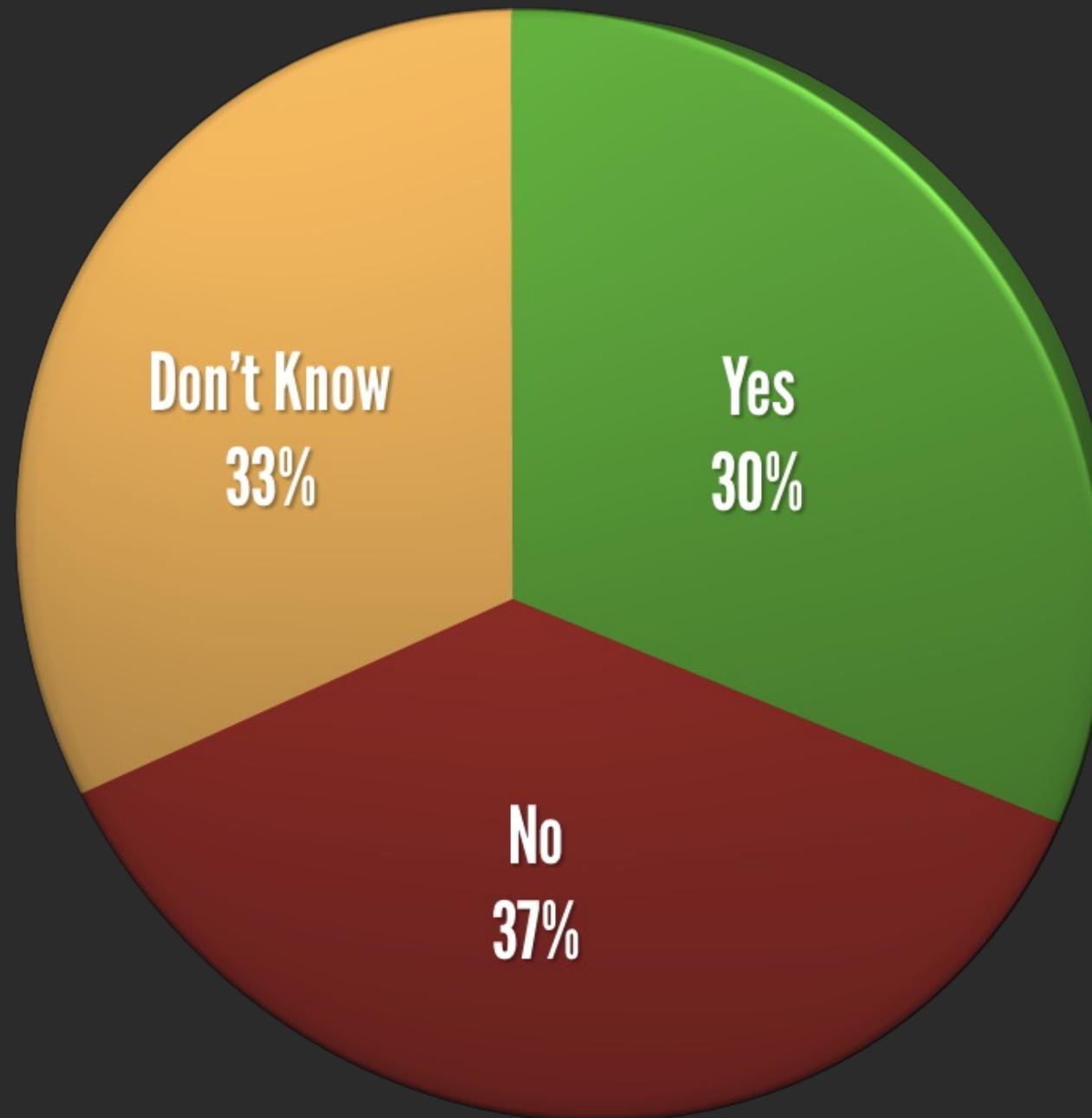
Physical



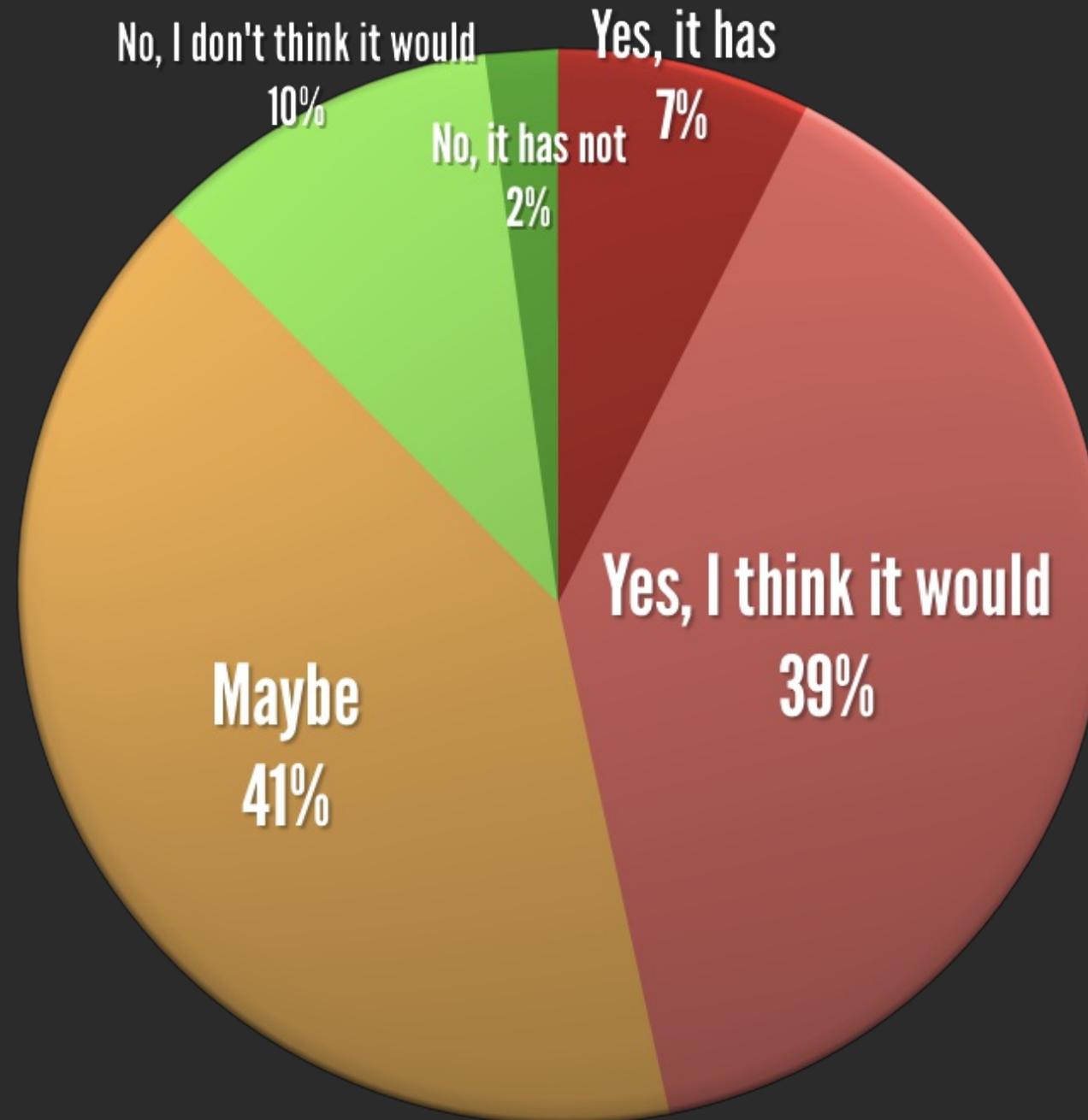
Mental



Does your employer provide resources to learn more about mental health issues and how to seek help?

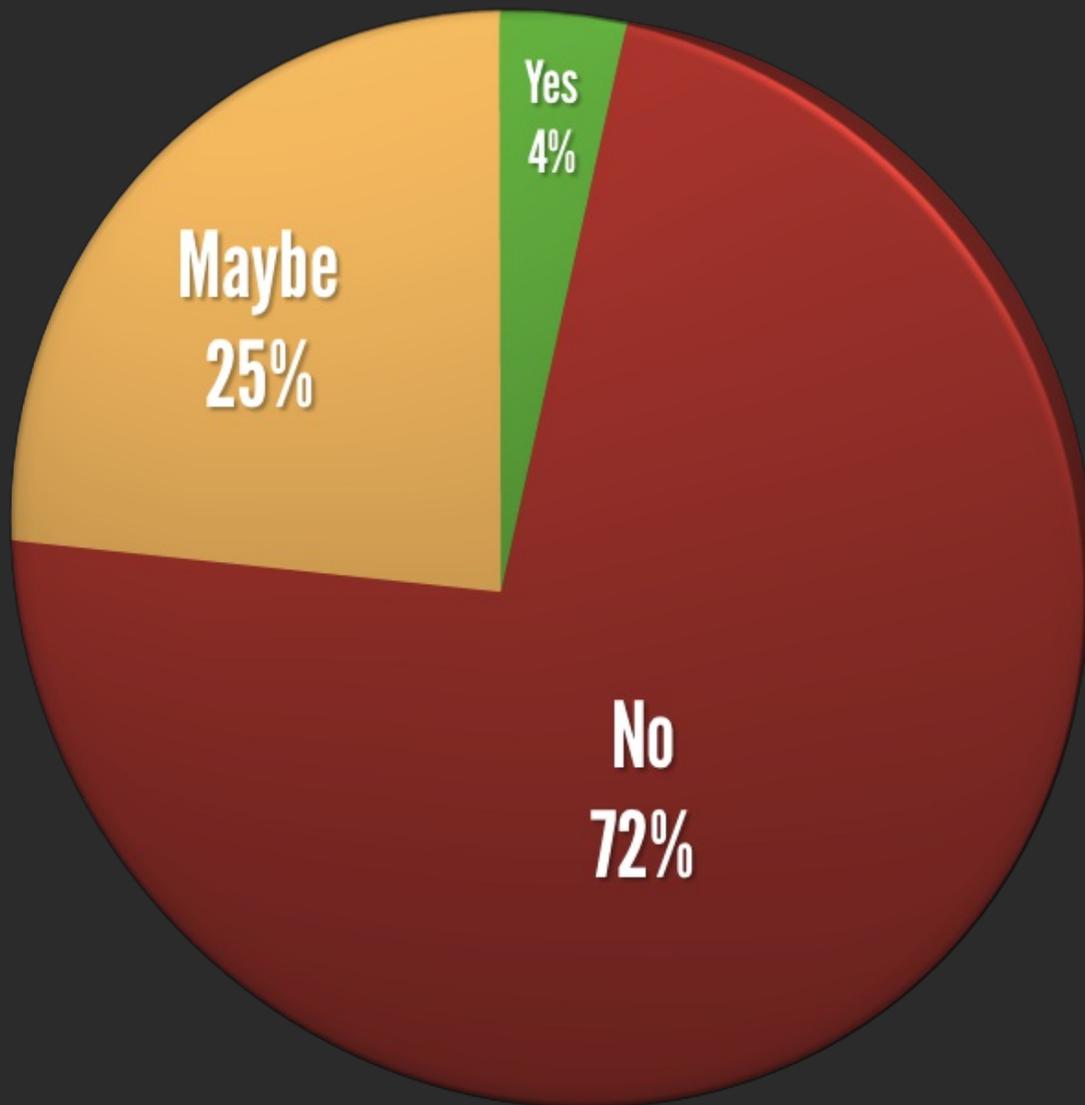


Do you feel that being identified as a person with a mental health issue would hurt your career?

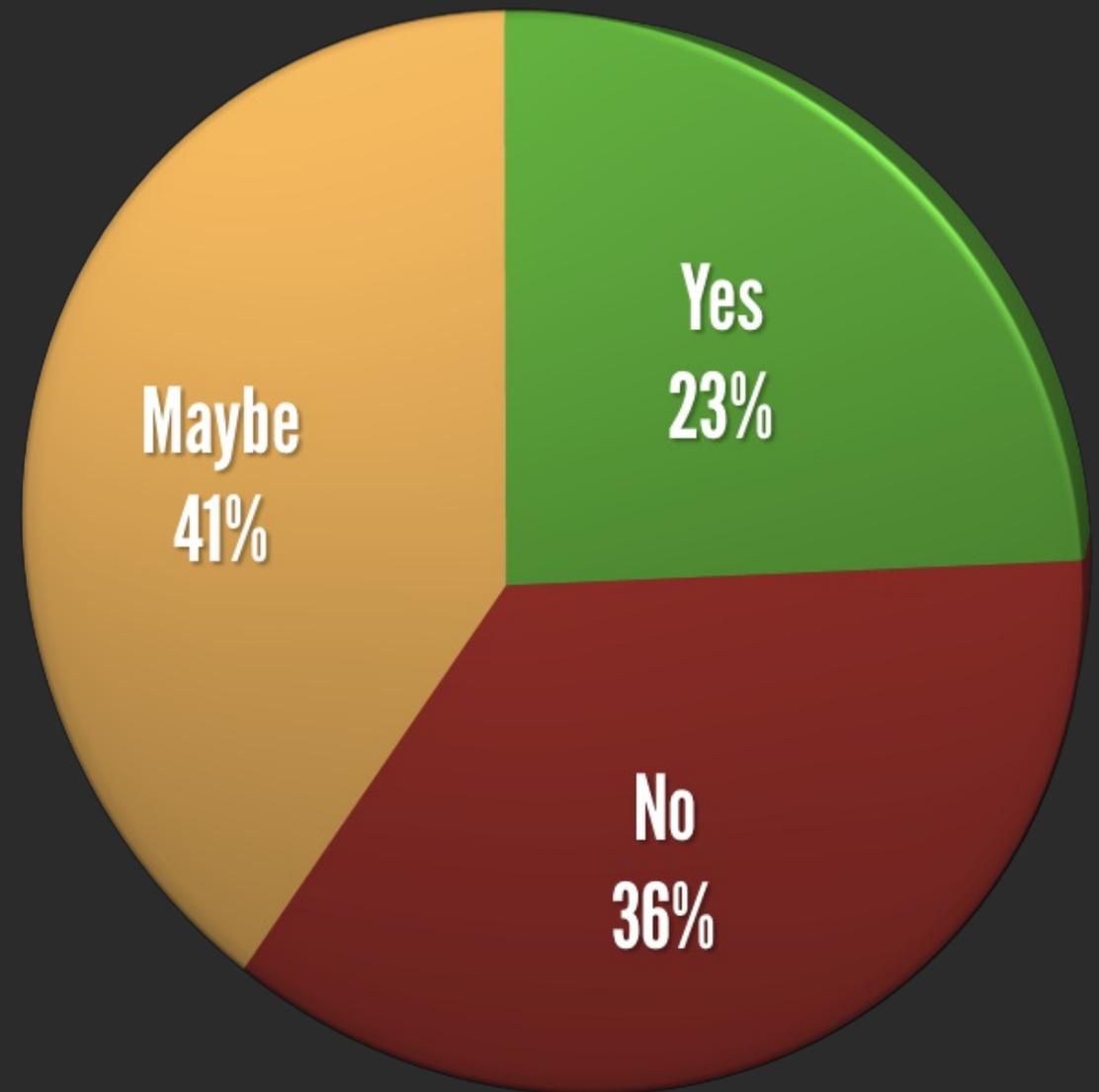


Do you think discussing a health issue with your employer would have negative consequences?

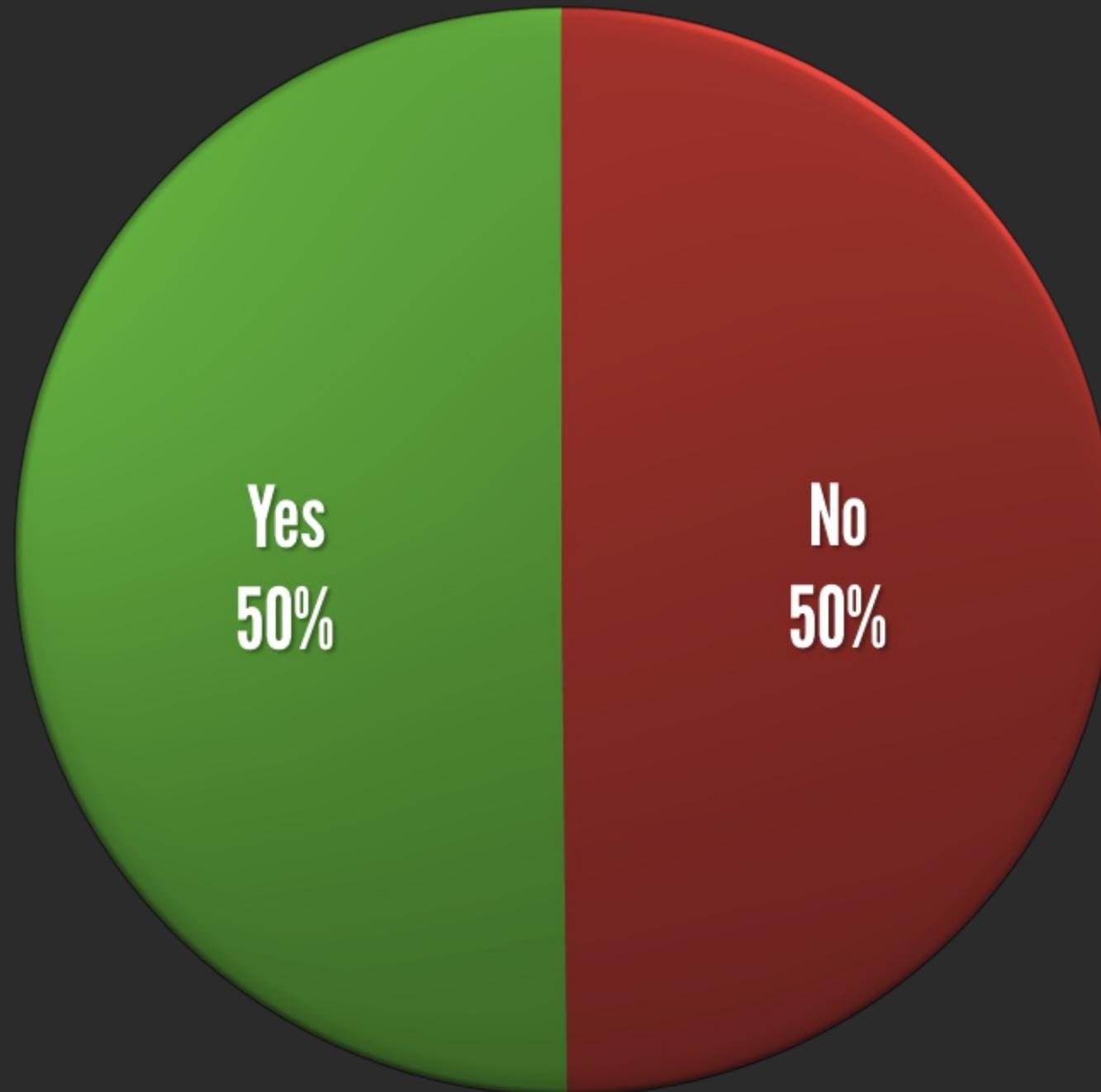
Physical



Mental



Have you been diagnosed with a mental health condition?



**AS OF 2015 17.9% OF ALL U.S. ADULTS HAD
SOME FORM OF MENTAL ILLNESS**

**ALL OF THESE CHARTS LEAD ME TO ONE
CONCLUSION**

**WE'RE AFRAID TO TALK
ABOUT MENTAL
ILLNESS**

**WHY ARE WE AFRAID? IT'S BECAUSE OF
THE STIGMA.**

WE'RE AFRAID THAT BEING HONEST WILL HAVE NEGATIVE CONSEQUENCES

For many of us, this means suffering in silence

**WE'RE AFRAID WE MIGHT GET SENT TO THE
~~PRINCIPAL'S OFFICE~~ HR DEPARTMENT**

WHY SHOULD A WORKPLACE CARE?

FIGHT IGNORANCE WITH INFORMATION

GET THE OSMI HANDBOOKS

[HTTP://BIT.LY/OSMI-BOOKS](http://bit.ly/osmi-books)

**IN OPEN SOURCE TECH, COMMUNITY IS OUR
GREATEST RESOURCE**

**50% OF SURVEY RESPONDENTS CLAIMED
MENTAL ILLNESS DIAGNOSES**

WE ARE NOT ALONE

**WE ARE MORE THAN
USERNAMES**

WE ARE REAL PEOPLE

WE ARE NOT DAMAGED



ERASE THE STIGMA

SOME RESOURCES AVAILABLE:

- osmihelp.org
- Find a therapist: 1-800-THERAPIST
- National Association on Mental Illness: 1-800-950-NAMI
- Suicide Lifeline: 1-800-273-8255

THANK YOU FOR LISTENING

QUESTIONS?

