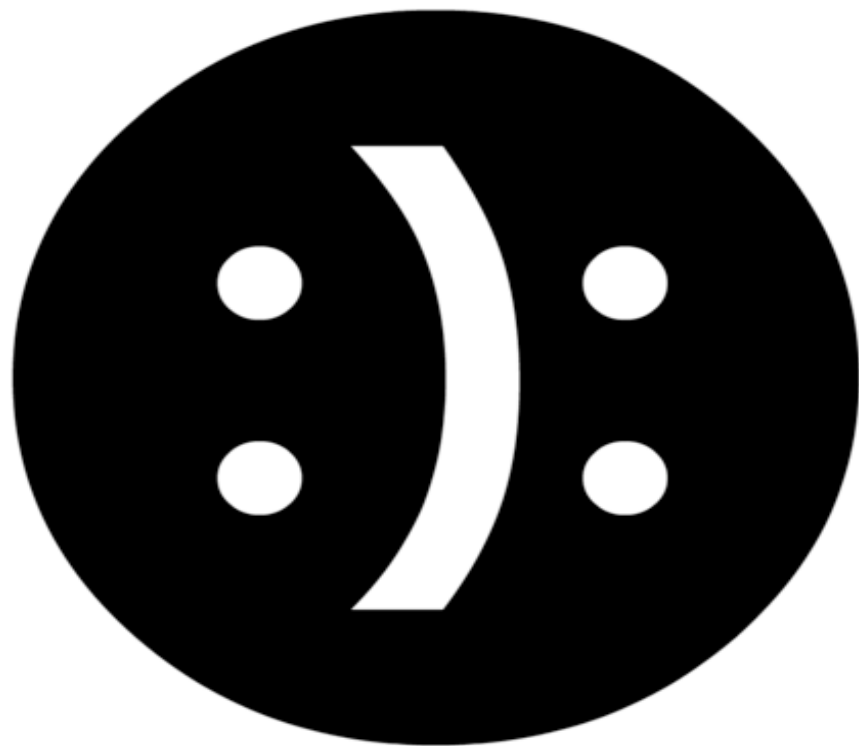




Mental Health in Tech

Dr. Jennifer Akullian

Founder, IO Psychologist, Coach

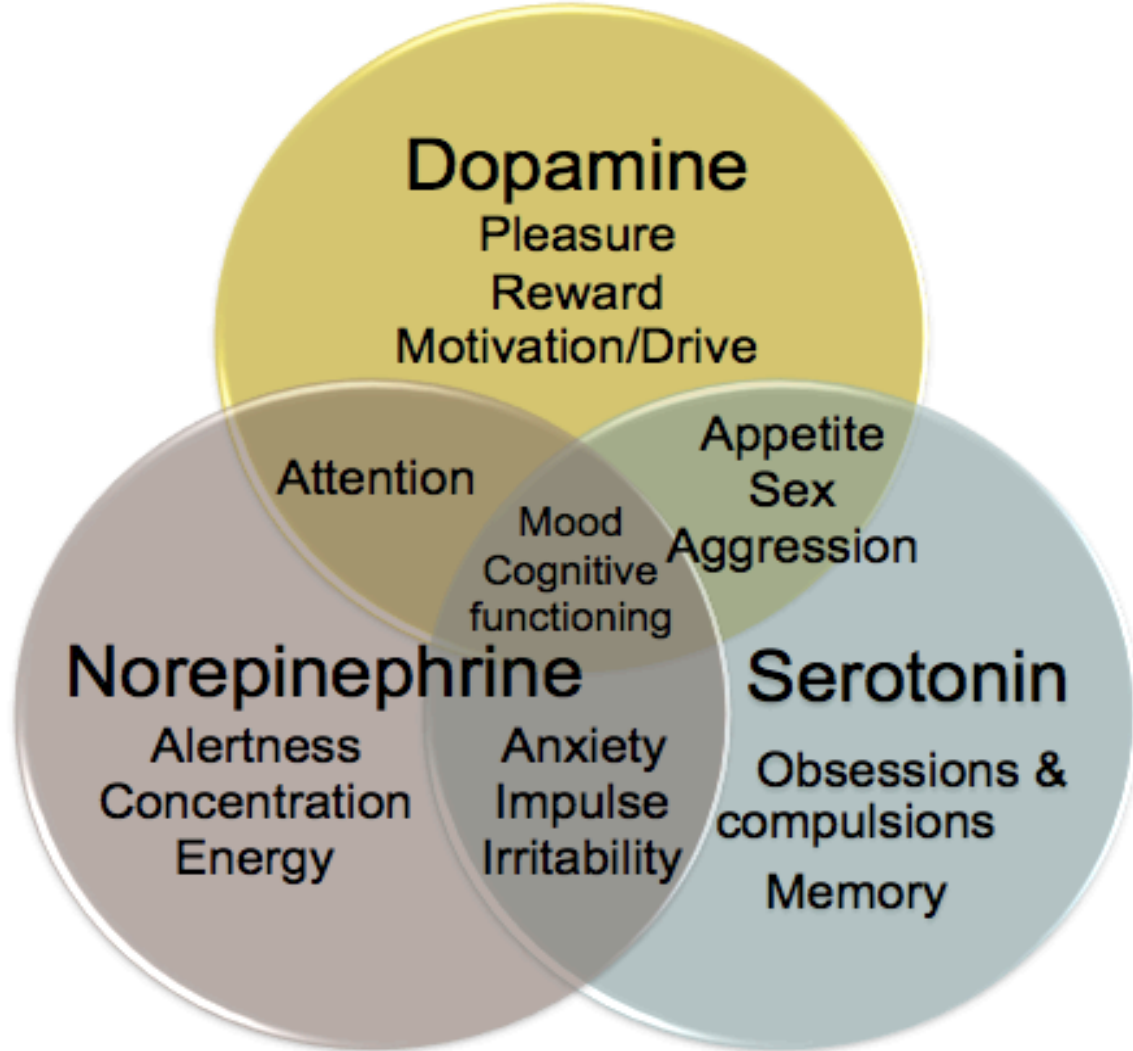




Manic Depression









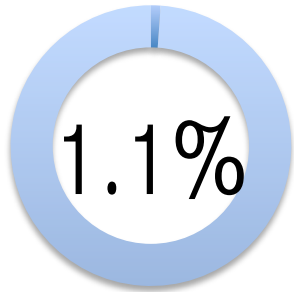
STIGMA.

Mental Illness

- A wide range of conditions that affect mood, thinking, and behavior
- Approximately 1 in 5 adults, or 18.5% experiences a mental illness
- Approximately 1 in 25 adults, or 4.2% experiences a serious mental illness

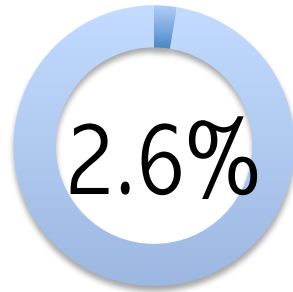
Prevalence of mental illness by diagnosis

SCHIZOPHRENIA



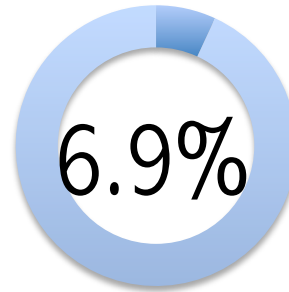
2.4 million
(1 in 100) adults
live with
schizophrenia

BIPOLAR



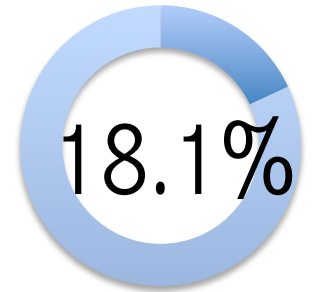
6.1 million
adults live with
bipolar disorder

DEPRESSION



16 million
adults live with
major
depression

ANXIETY



42 million
adults live with
anxiety disorder

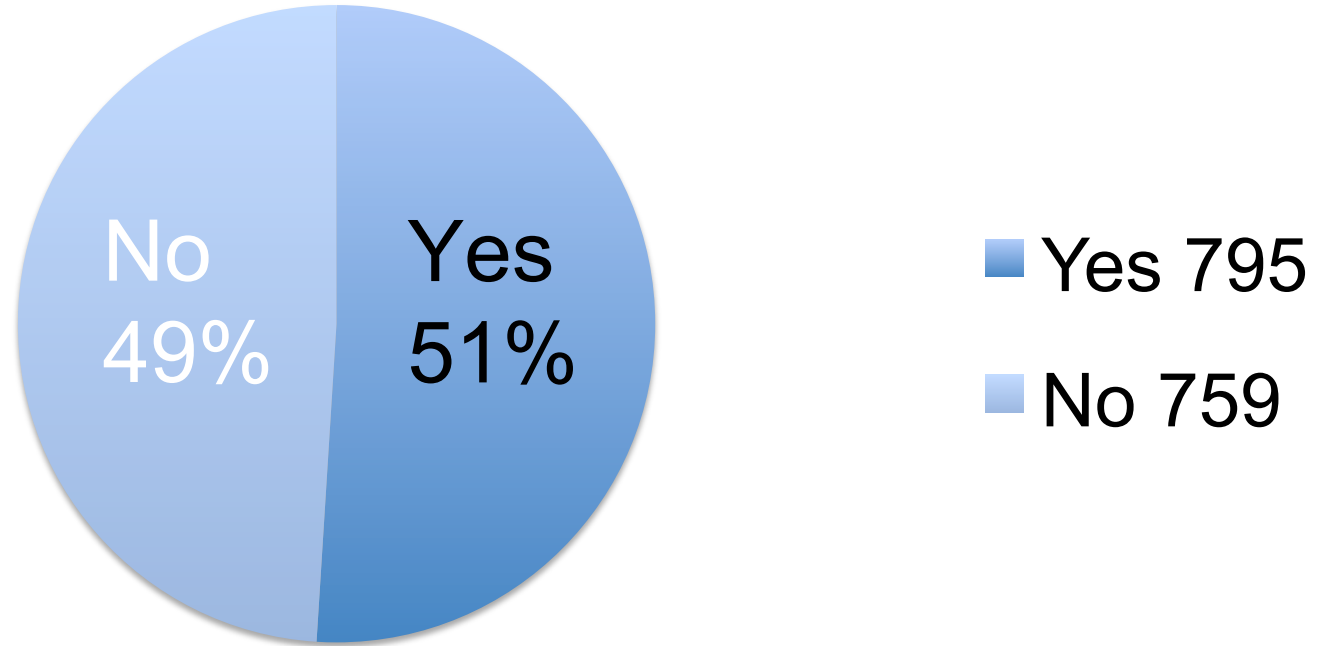


Mental Health in Tech

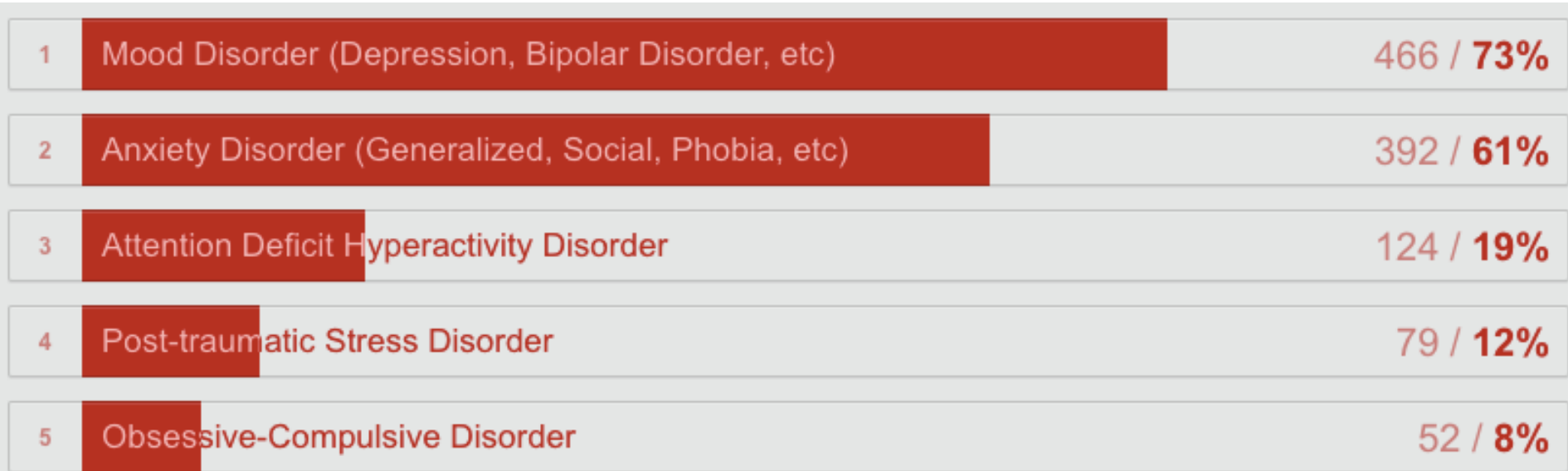


osmihelp.org/research

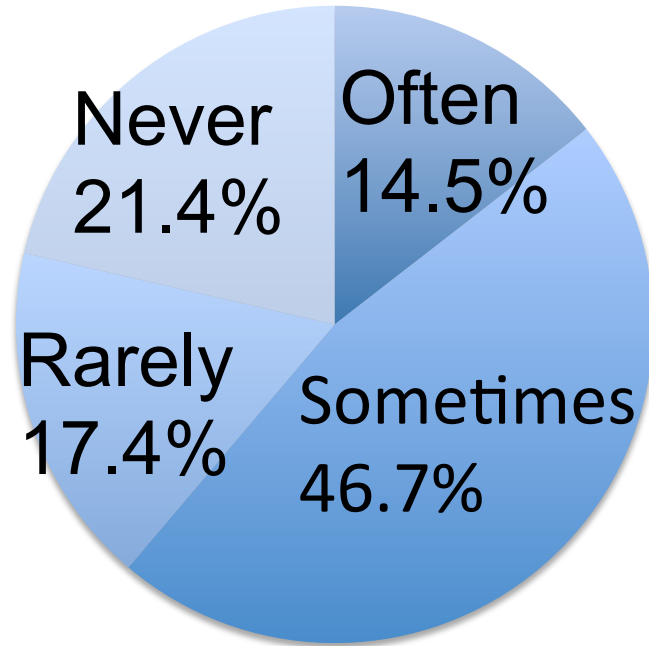
Have you been diagnosed with a mental health condition by a medical professional?



If yes, what mental health condition have you been diagnosed with?



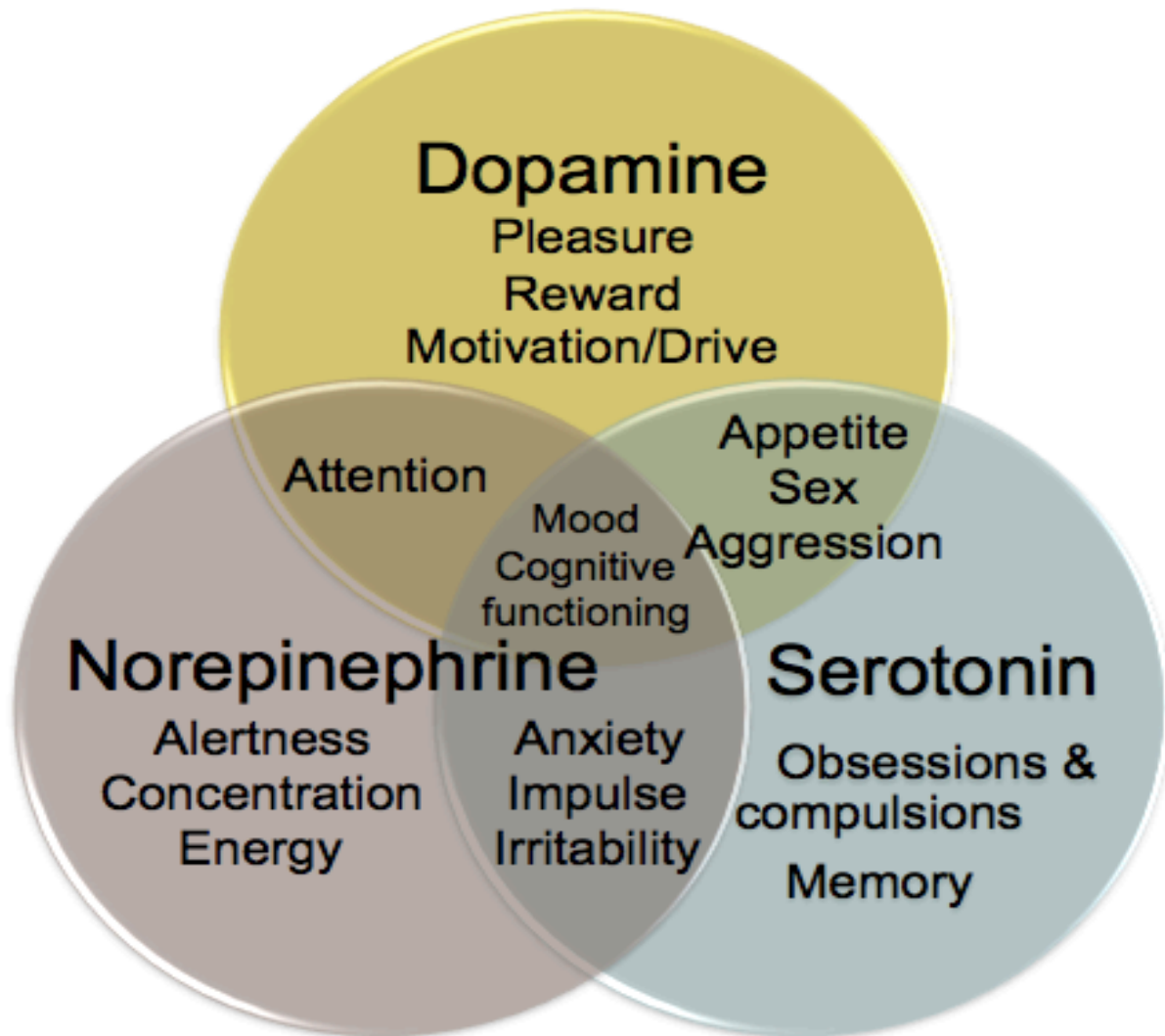
If you have a mental health condition, do you feel that it interferes with your work?



- Often 144
- Sometimes 465
- Rarely 173
- Never 213





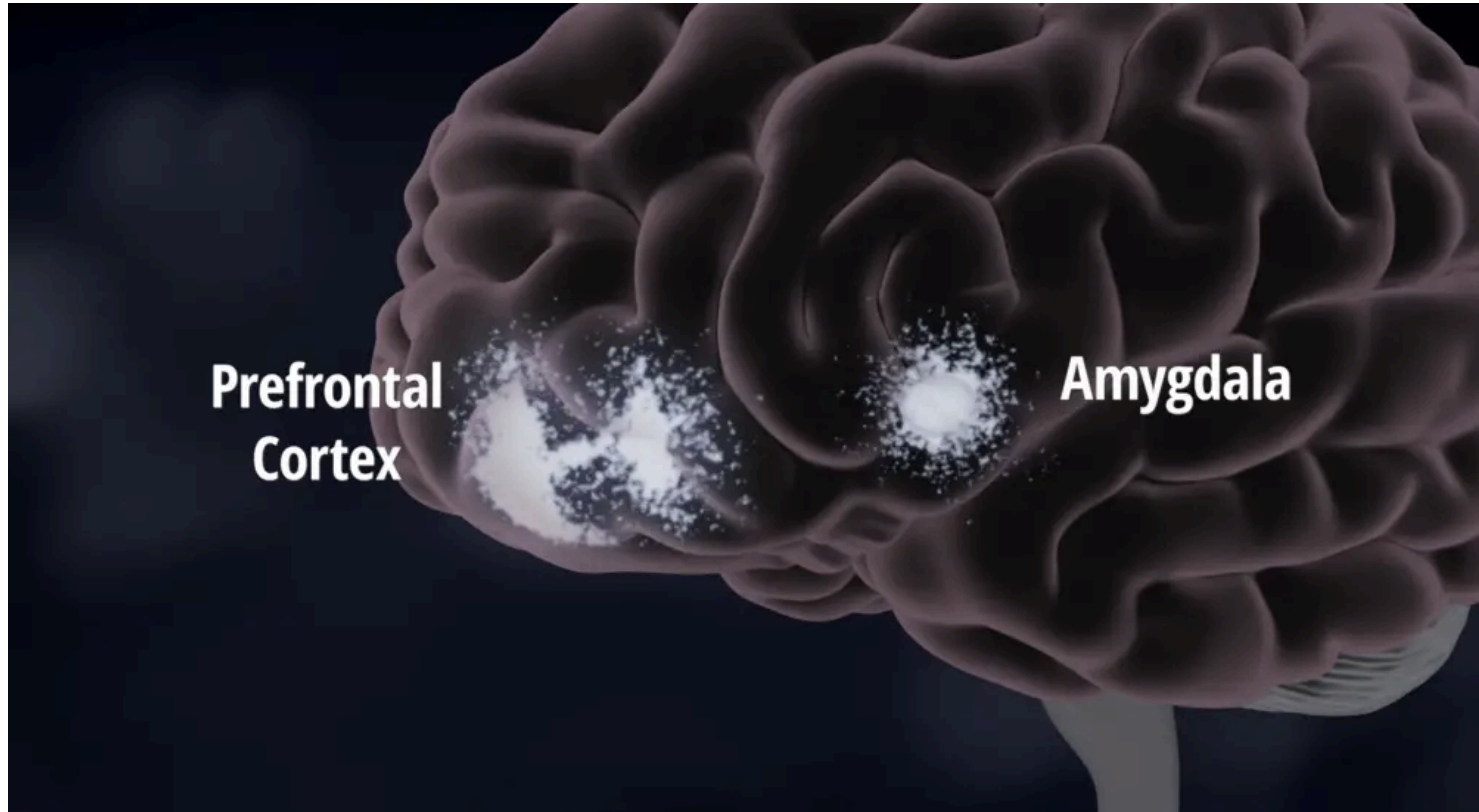


sleep

A black-outlined speech bubble with rounded corners and a tail pointing downwards and to the right. The word "Talk" is centered inside the bubble in a bold, black, sans-serif font.

Talk

Today I feel ...



sleep

unplug

Talk