



Mental Health in Tech

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Founder, IO Psychologist, Coach

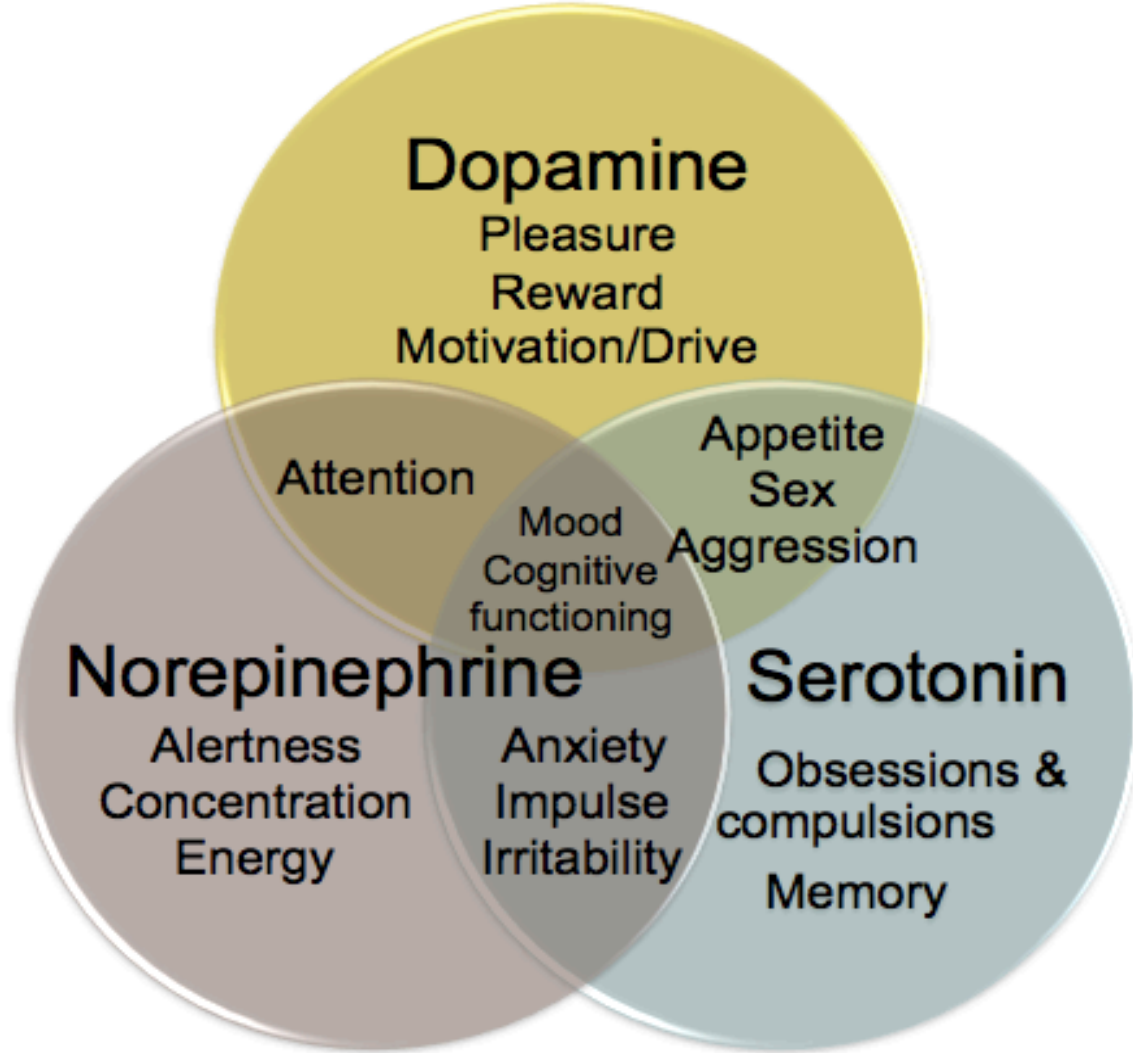




Manic Depression







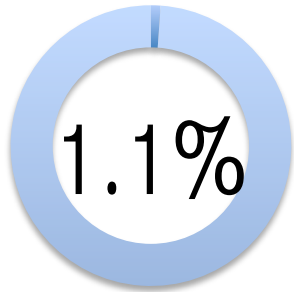


Mental Illness

- 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

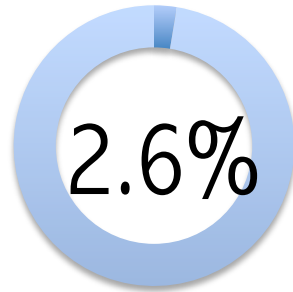
Prevalence of mental illness by diagnosis

SCHIZOPHRENIA



2.4 million
(1 in 100) adults
live with
schizophrenia

BIPOLAR



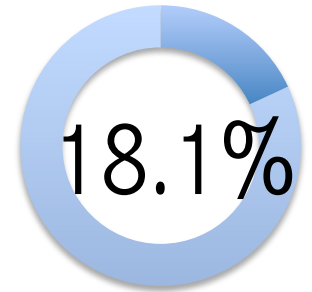
6.1 million
adults live with
bipolar disorder

DEPRESSION



16 million
adults live with
major
depression

ANXIETY



42 million
adults live with
anxiety disorder

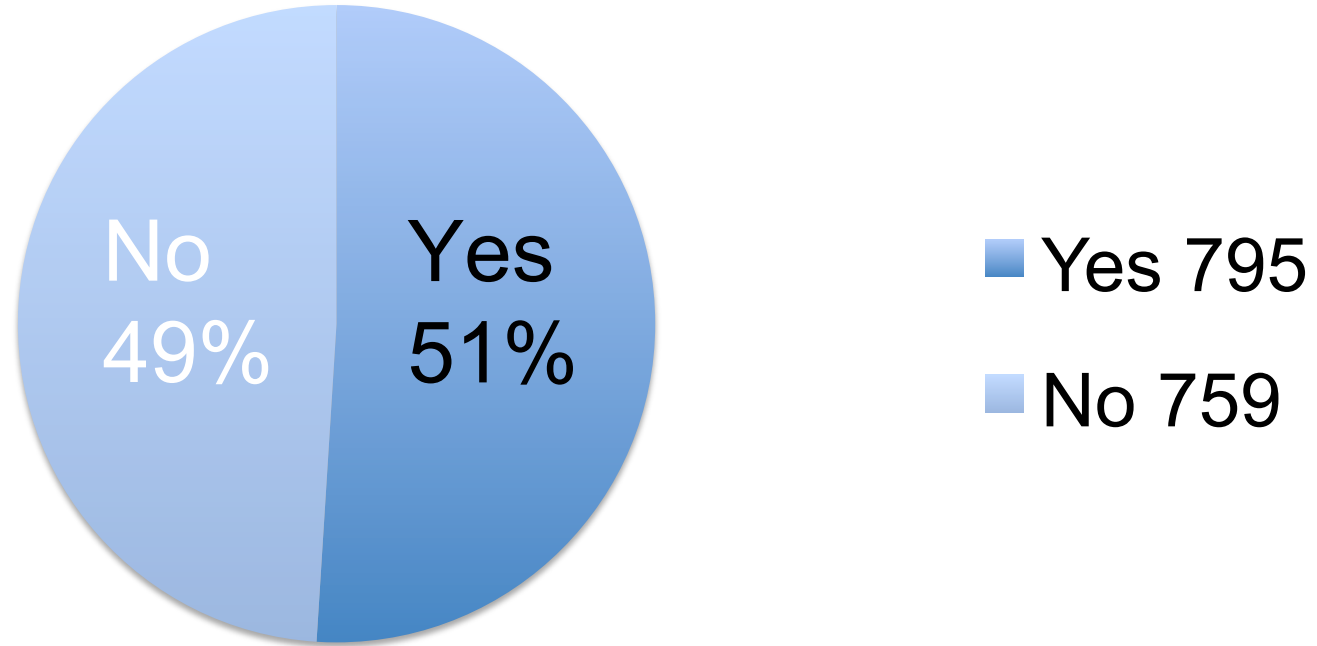


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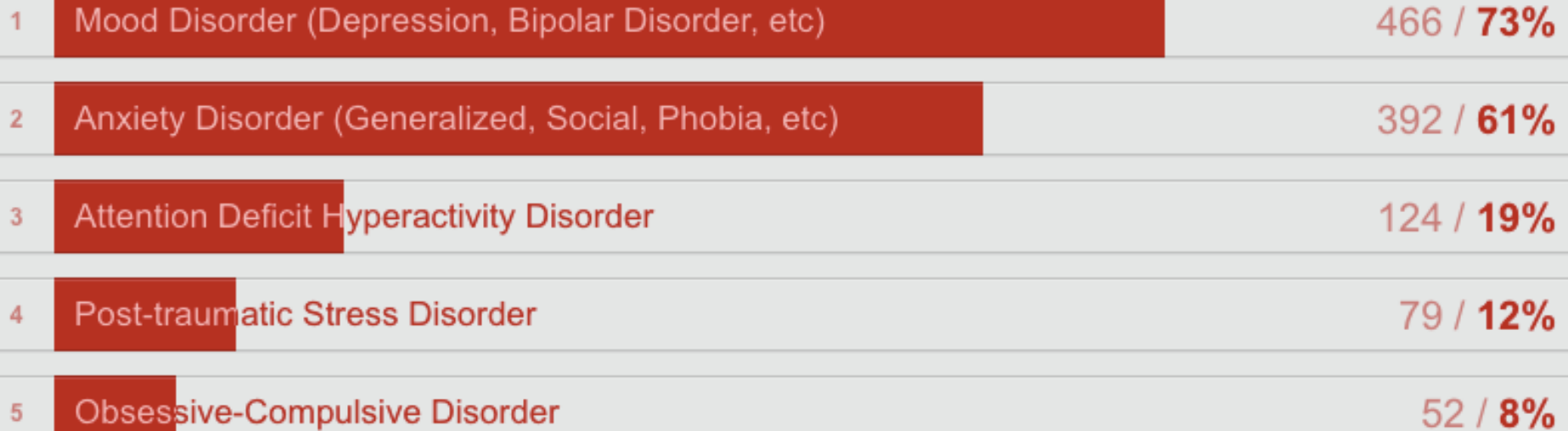


osmihelp.org/research

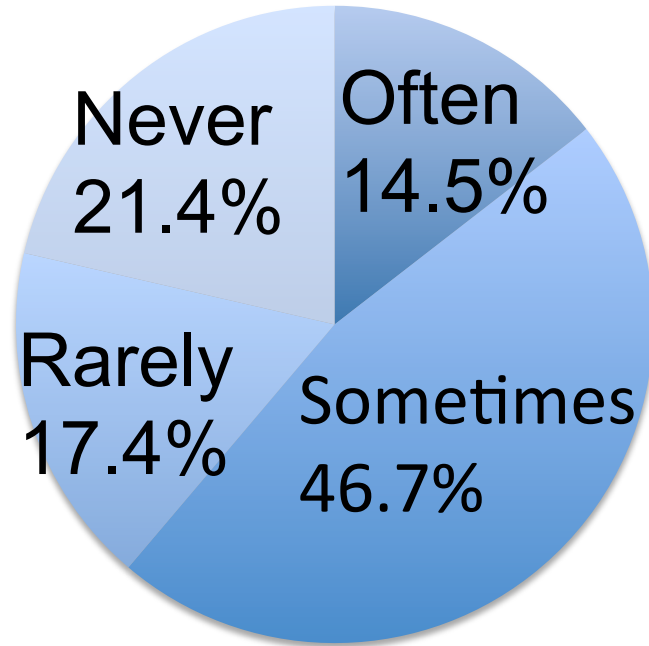
Have you been diagnosed with a mental health condition by a medical professional?



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



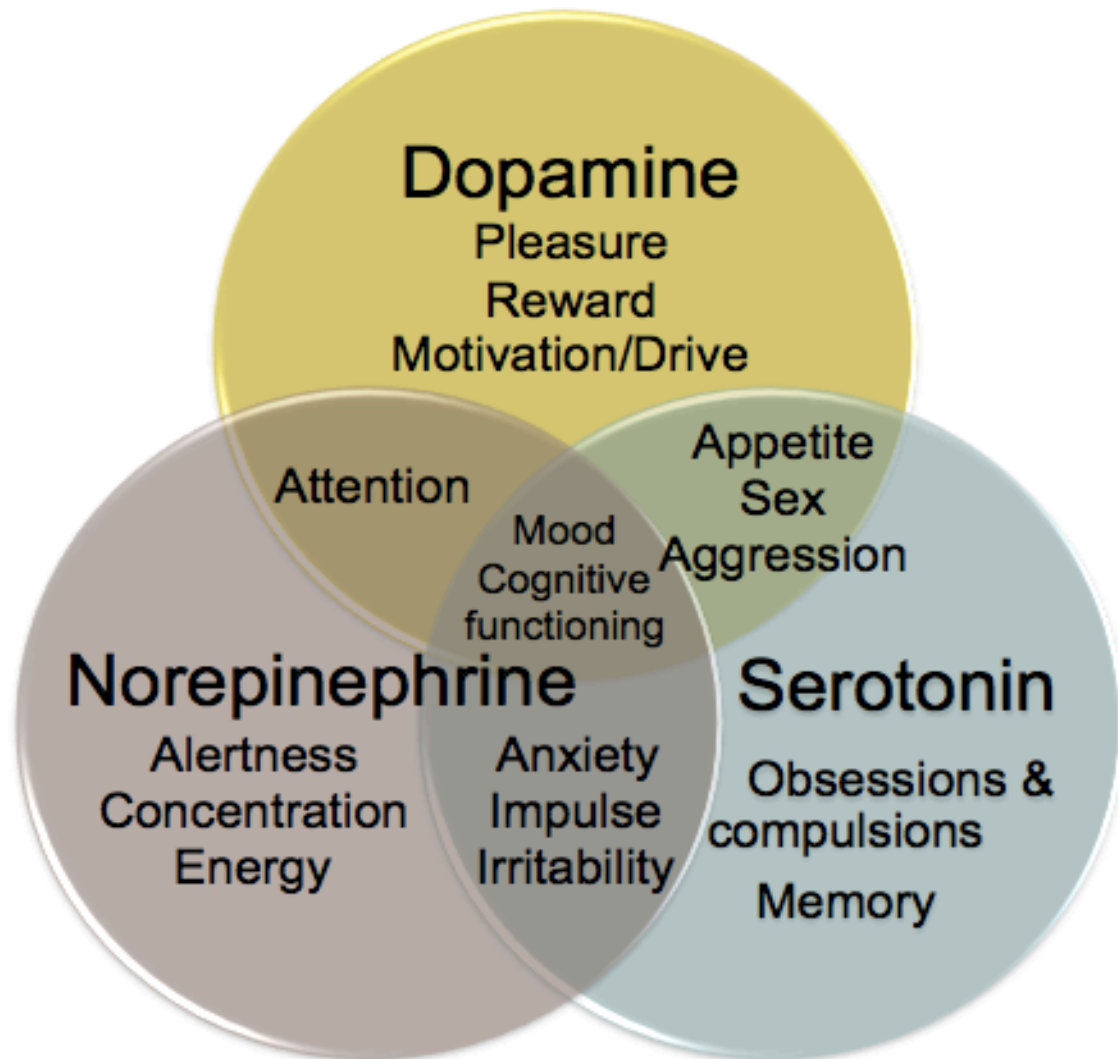
If you have a mental health condition, do you feel that it interferes with your work?



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







sleep

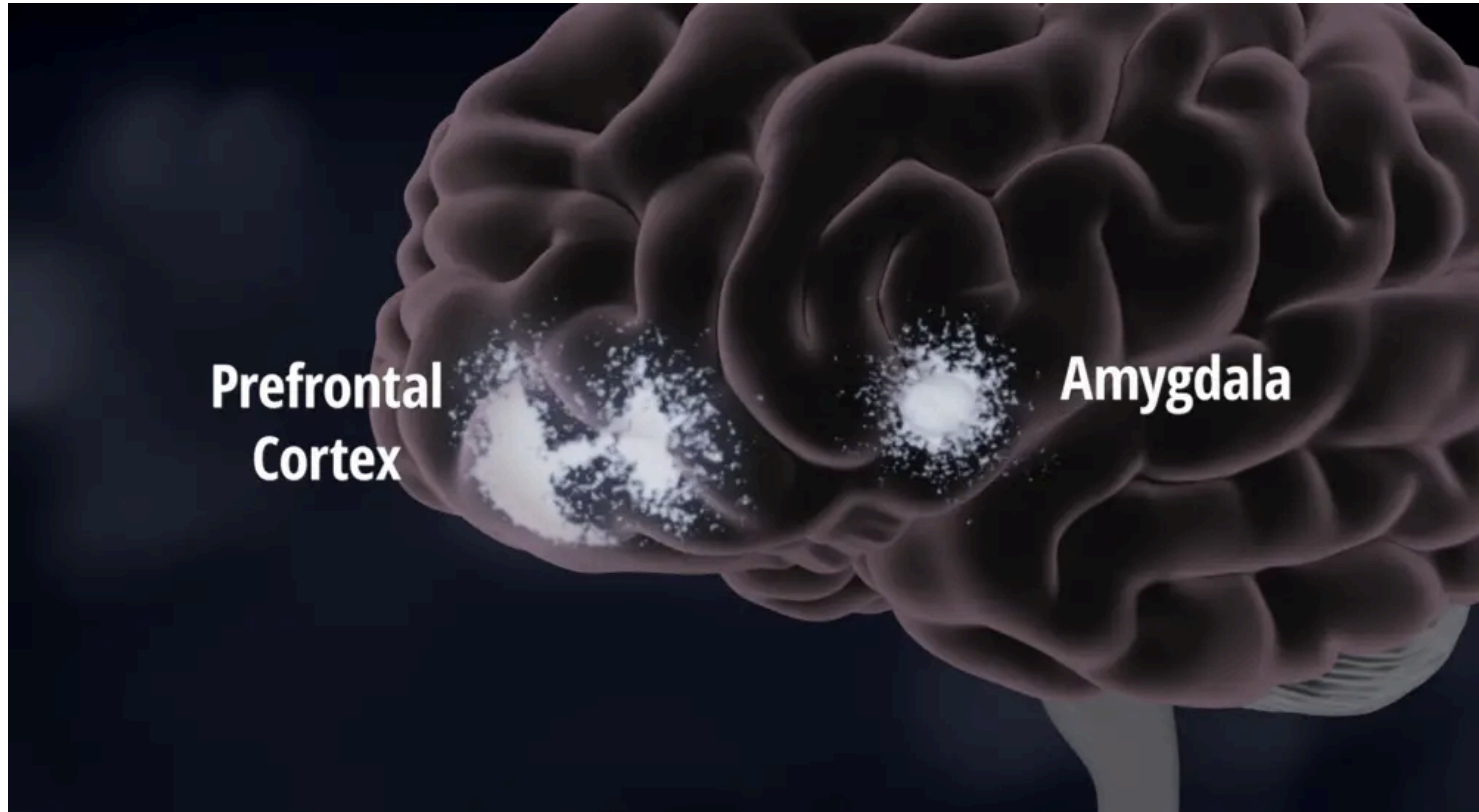
A decorative horizontal line in a cursive script. It starts with a slight dip, then rises to form the word "sleep" in a fluid, handwritten style. After the word, the line dips again, then loops back up and over itself to the right, ending with a small, elegant flourish.

unplug

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

Talk

I feel ...



sleep

unplug

Talk

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