



# Let's Talk About Mental Health in IT

Hugh Davenport  
Daniel Spector

# Thank You to Our Sponsors and Hosts!



OWASP  
**NEW  
ZEALAND**  
owasp.org.nz



# DATACOM



**QUANTUM**  
SECURITY



**INSOMNIA**  
SECURITY SPECIALISTS :: REST SECURED



**VOCUS**




security initiative



Without them, this Conference couldn't happen

# Agenda

- Disclaimer
  - Where to get help (websites, phone, etc)
  - Introduce ourselves (Who, day job, history of mental illness)
  - What are depression and anxiety.
    - Chronic vs episodic
    - NOT just moods: biochemistry.
  - What to do: Tools, tools, tools. The mental health toolkit
    - Therapies: Talk and drugs
    - Mindfulness
    - These are complex issues and require multiple types of responses
  - Self-compassion, self-acceptance, self-forgiveness
  - No, really, mindfulness
  - Where to get help slide(s) again
- 
- A vibrant, multi-colored rainbow arches across the upper right portion of the slide. The background is a bright, hazy sky with soft, white clouds. The overall aesthetic is clean and positive.

# Disclaimer

Neither of us are mental health professionals.

None of this talk should be taken as medical advice. None of it. Zero.

If you are experiencing mental health concerns, please seek professional advice.

Trigger warnings and content warnings:

- Mental health, depression, suicidal ideation... possibly anything.

# Where to get help



- If there is an emergency crisis, call 111
- Local GP
- Counselling, you can find counsellors at <https://www.talkingworks.co.nz/>
- Helplines
  - Lifeline - free call/text 1737
  - Lifeline - 0800 543 354 or free text 4357
  - Depression and Anxiety Helpline - 0800 111 757 or free text 4202
  - Suicide Crisis Helpline - 0508 828 865
  - More at <https://mherc.org.nz/seeking-help/seeking-help>



# About us

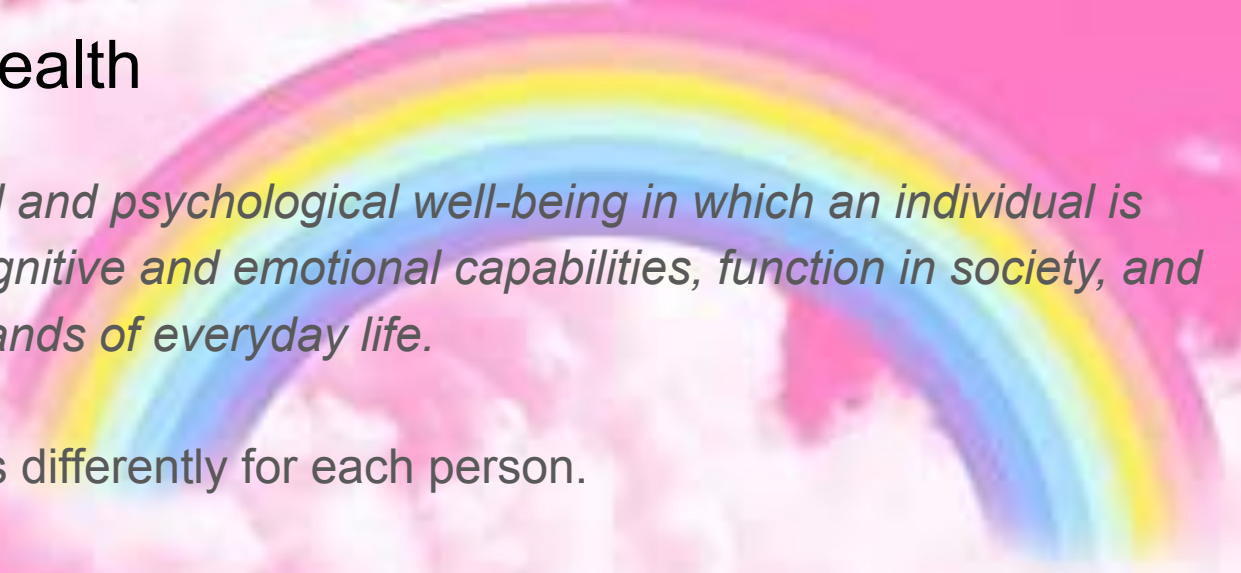


- Hugh is a computer person. He has been a system administrator, developer, and is currently a security consultant. He's worked in management areas as well as technical. In his spare time he enjoys reading, exercising, gardening, and spending time with friends.  
Hugh has anxiety and depression. This is the first talk being open about that.
- Daniel consults in business growth and expansion, as well as being the Head of Biz Dev AsiaPac for APImetrics.io. When not nerding about open banking or APIs, he is trying to save the world, learning bluegrass fiddle and te reo Māori (as separate disciplines, thanks).  
Daniel has anxiety and depression, and this is his first talk about that, too.

# What is Mental Health

- *A state of emotional and psychological well-being in which an individual is able to use their cognitive and emotional capabilities, function in society, and meet ordinary demands of everyday life.*

This state manifests differently for each person.




# Misinformation

← → ↻ [bible.ca/psychiatry/psychiatry-junk-science-anxiety-depression-myth.htm](https://www.bible.ca/psychiatry/psychiatry-junk-science-anxiety-depression-myth.htm)

**Anxiety and Depression are sinful behaviour choices not diseases.**

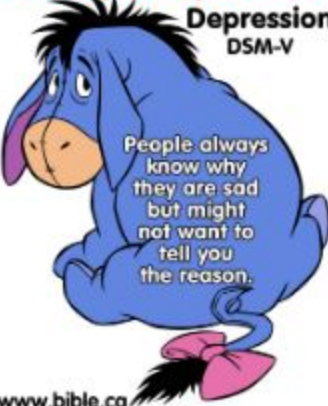
**DSM-5 Anxiety Phobias**



www.bible.ca

Anxiety and depression are sinful behavior choices not diseases caused by chemical imbalances that are fixed through drugs and shocks.

**The Eeyore Syndrome**  
Depression  
DSM-V

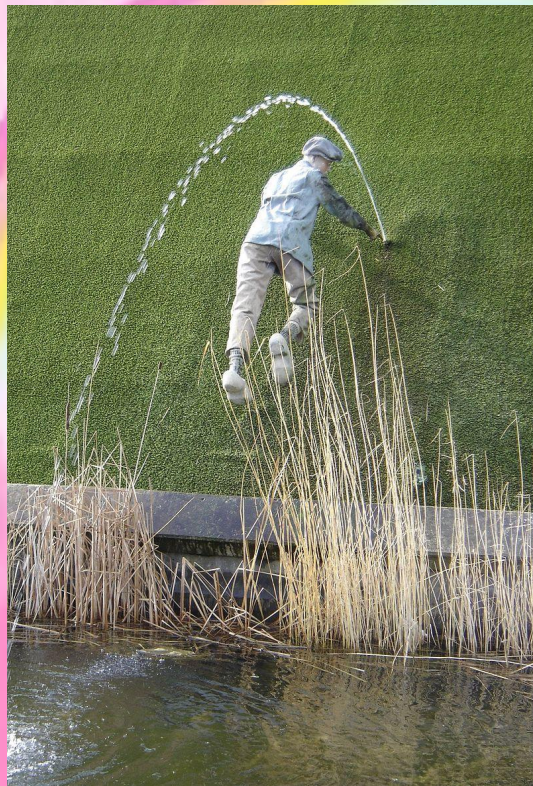


People always know why they are sad but might not want to tell you the reason.

www.bible.ca



# Work Boundaries



What is depression?



Sometimes sad is sad, sometimes it is SAD





# How to help your friends



What to do when you can't ask for help





Feelings are hard



"what do you have to be anxious about?"

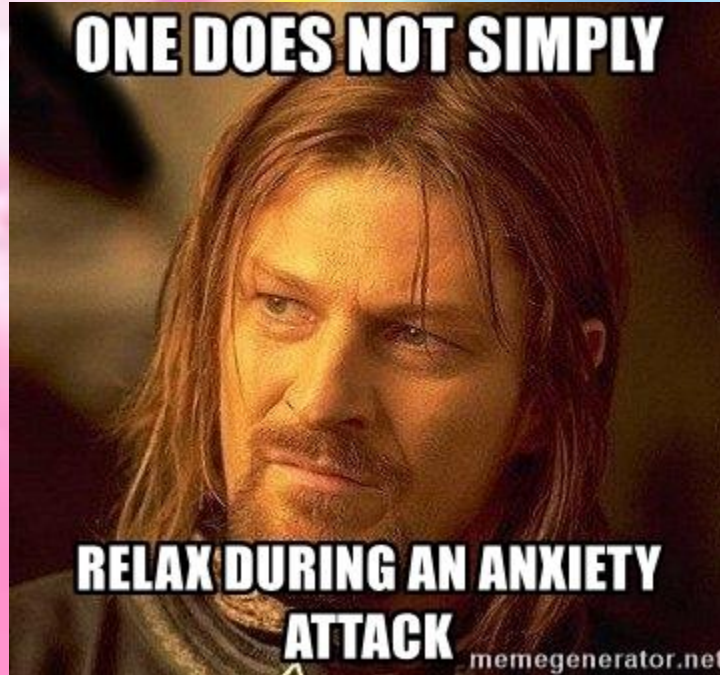


When you're at a party and you only know one person



onlytwitterpics

How can you relax?









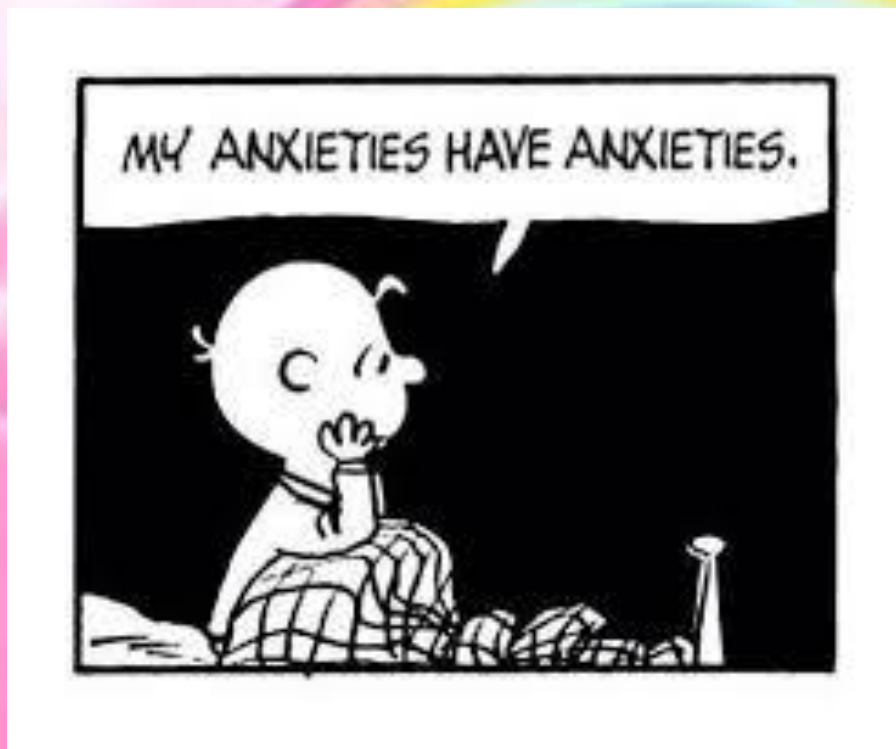
Sometimes everything can just be overwhelming



When anxiety makes you suck at keeping the conversation going, but you really like talking to that person



Sometimes there might more than one issue



# Where to get help



- If there is an emergency crisis, call 111.
- Local GP
- Counselling, you can find counsellors at <https://www.talkingworks.co.nz/>
- Helplines
  - Lifeline - free call/text 1737
  - Lifeline - 0800 543 354 or free text 4357
  - Depression and Anxiety Helpline - 0800 111 757 or free text 4202
  - Suicide Crisis Helpline - 0508 828 865
  - More at <https://mherc.org.nz/seeking-help/seeking-help>

Questions?

