



# Prompt

Starting a Conversation on Mental Illness in Tech  
@mhprompt

# What is Prompt?

- Started in 2013 at Distill by Eamon Leonard and the Engine Yard Community Team
- Attempting to remove the stigma of talking about mental health issues
- Real people in tech and the mental health industry working together to help

A lot of companies building products for techies were marketing them as being a way “to make life easier”. What they are talking about is making work easier. We want to actually make a difference in the lives and health of the people in our tech communities.

# Why is Prompt?

- Most industries see a 10%-15% of people with mental health issues
- Tech has an estimated 20%-30% of people suffering with issues
- Most people in tech try to suffer silently or “solve the problem themselves”

# Who is Prompt?



Chris



Julia



Gregg



Justine



Paddy



Ed



Karolina



John



Jen



Caleb



Jason



Amy

12 speakers, 7 different countries, several different organizations, many different technical backgrounds, a multitude of different experiences with Mental Health Issues. Our speakers bring something different to the table with their honest and open dialogue about mental health and how it's effected their lives.

# Where is Prompt?



Our speakers are willing to go wherever they are wanted. The organization's job is to find the funding to cover their travel and accommodations.

# How is Prompt?



While Prompt started at Engine Yard, it's grown far beyond that. Recently, with the help of Anika Lindtner and the Travis foundation, we're working to fund Prompt so this conversation can continue. but we need your help.

# How can I help?

- Talk about it - write us a blog post!
- Be open to people who need someone to talk to
- And of course...we need funds

The key thing is to end the stigma, to get people talking so we can get people help where they need it. Share your story, publicly if you're willing. If not, share with friends. Let people know it's okay to discuss these kinds of issues. Of course we are also looking for funding. We will be launching a campaign soon but you can donate now just by contacting us. Or talk to your company about becoming a sponsor.

# Resources

- Twitter: @mhprompt
- Web: [mhprompt.org](http://mhprompt.org) | <http://funkatron.com/osmi/>
- Email: [team@mhprompt.org](mailto:team@mhprompt.org)

# Thanks!



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