

Mental Health Resources

USA:

<https://www.psychiatry.org/patients-families>

<https://www.mentalhealth.gov/talk/community-conversation>

<https://www.samhsa.gov/mental-health-treatment-works>

<https://www.mentalhealthfirstaid.org/mental-health-resources/>

<https://www.nimh.nih.gov/health/find-help>

<https://www.cdc.gov/mentalhealth/tools-resources/index.htm>

International:

<https://www.who.int/health-topics/mental-health>

<https://www.un.org/development/desa/disabilities/issues/mental-health-and-development.html>

<https://checkpointorg.com/global/>

<https://www.wearespur.com/org/mentalhealthhub>

<https://findahelpline.com>

<https://www.helpguide.org/find-help.htm>

<https://www.jhsph.edu/research/centers-and-institutes/global-mental-health/resource-materials/global-resources/>

Mental Health In Tech

<https://number8.com/caring-for-software-developer-mental-health/>

<https://betterprogramming.pub/we-need-to-talk-about-mental-health-for-software-developers-65bfa00e2356>

<https://www.infog.com/articles/mental-health-software-teams/>

Everyday mental health struggles for software engineers -

Many software developers report experiencing a work-related mental health concern at some point. These concerns may also include exhaustion, lack of motivation, anxiety, poor work-life balance, or depression.

Stack Overflow Developer Survey 2022 findings - <https://survey.stackoverflow.co/2022/>

This year, we see more developers identifying as having a concentration and memory disorder (10.6%), anxiety disorder (10.3%), mood or emotional disorder (9.7%)

World Mental Health Data

<https://ourworldindata.org/mental-health>