ZERO-DAY THREAT

The Mental Health Crisis In Cybersecurity.

ROCHESTER
SECURITY SUMMIT

TEMPUS NETWORK LLC

GOALS AND OBJECTIVES

- Define What Mental Health Means

- What in Cybersecurity Triggers Mental Health Issues

- What Are The Risks of Not Addressing This Issue

- Practical Ways of Eradicating These Threats

Check in on those around you.

 x #YouAreNotAlone

IDENTIFY

WHAT IS MENTAL HEALTH?

DETECT

HOW DO WE DETECT THERE IS A PROBLEM?

PROTECT

HOW DO WE PROTECT OUR MENTAL HEALTH?

RESPOND

IF I HAVE AN ISSUE, WHAT DO I DO?

RECOVER

HOW CAN I COME BACK STRONGER?

RESOURCES