

**ACCU  
2021**  
VIRTUAL EVENT

**Bloomberg**  
Engineering

**undo**

 **mosaic**  
CONSULTANTS TO FINANCIAL SERVICES

**Hi, I'm Dom, and I Have  
Depression!**

**Dom Davis**



EVERYTHING!



STUFF



STUFFEE! STUFFEE! STUFFEE! STUFFEE!  
STUFFEE! STUFFEE! STUFFEE! STUFFEE!  
STUFFEE! STUFFEE! STUFFEE! STUFFEE!  
STUFFEE! STUFFEE! STUFFEE! STUFFEE!  
STUFFEE! STUFFEE! STUFFEE! STUFFEE!  
STUFFEE! STUFFEE! STUFFEE! STUFFEE!



A CONSISTENT STREAM OF INTELLIGIBLE  
INFORMATION THAT WE CAN ALL FOLLOW



A CONSISTENT STREAM OF INTELLIGIBLE  
INFORMATION THAT WE CAN ALL FOLLOW  
SORT OF!



# CHAT

A CONSISTENT STREAM OF INTELLIGIBLE  
INFORMATION THAT WE CAN ALL FOLLOW  
SORT OF!

# CHAT

A CONSISTENT STREAM OF INTELLIGIBLE  
INFORMATION THAT WE CAN ALL FOLLOW  
SO IT OF!

# Q&A



STUFF! CHAT STUFF! STUFF! STUFF! STUFF! STUFF! STUFF! STUFF! STUFF! STUFF!



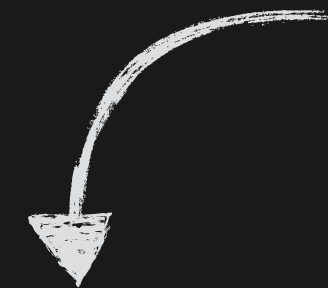


A CONSISTENT STREAM OF INTELLIGIBLE  
INFORMATION THAT WE CAN ALL FOLLOW  
SORT OF!

HI!

HI,

@idomdavis



I'M DOM DAVIS.

He/Him





HI,

I'M DOM DAVIS,

AND I HAVE DEPRESSION!

HI,  
I'M DOM DAVIS,  
AND I HAVE DEPRESSION!

*- fin -*

HI,  
I'M DOM DAVIS,  
AND I HAVE DEPRESSION!

 Surprise!











**Kevlin Henney** @KevlinHenney

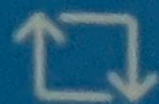
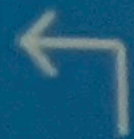
.@idomdavis is giving a truly brilliant talk at @NorDevCon

7 Likes

3 Retweets

22/02/2019 at 14:09

via TweetDeck













# TRIGGER WARNING



References to:

- Suicidal thoughts
- Suicide
- Self harm



# TRIGGER WARNING



References to:

- Suicidal thoughts
- Suicide
- Self harm

# HI, I'M DOM DAVIS, AND I HAVE DEPRESSION

---

has been classified for ACCU exhibition



18

Strong language, reference to suicide and self harm, drug references, mild fantasy peril... oh, and spiders. Don't forget about the spiders.



```
if mouth.Flapping() {  
    // ... happy path  
}
```

```
switch {  
case mouth.Flapping():  
    // ... happy path  
case responding:  
    // ... should be OK  
default:  
    panic("check in frequently")  
}
```



AI

## Dictionary

---

**artificial** | ɑːtɪˈfɪʃ(ə)l | adjective

- 1 made or produced by human beings rather than occurring naturally, especially as a copy of something natural: *her skin glowed in the artificial light* | *an artificial limb* | artificial [more](#)

## Thesaurus

---

**artificial** adjective

- 1 *artificial flowers*: **SYNTHETIC**, fake, false, imitation, mock, simulated, faux, ersatz, substitute; pseudo, sham, bogus, spurious, counterfeit, forged, pretended, so-called; [more](#)

# AI

## Dictionary

---

**intelligence** | ɪnˈtɛlɪdʒ(ə)ns | noun [*mass noun*]

- 1 the ability to acquire and apply knowledge and skills: *an eminent man of great intelligence*.  
• [*count noun*] a person or being with the [more](#)

## Thesaurus

---

**intelligence** noun

- 1 *a man of great intelligence*:  
**INTELLECTUAL/MENTAL CAPACITY**, intellect, mind, brain, brains, brainpower, powers of reasoning, judgement, reason, reasoning, [more](#)

AI is a moving wavefront of things  
a human can do but a computer can't.



ANI

AGI





Daphne Weld Nichols, Photographer, CC BY-SA 3.0, via Wikimedia Commons



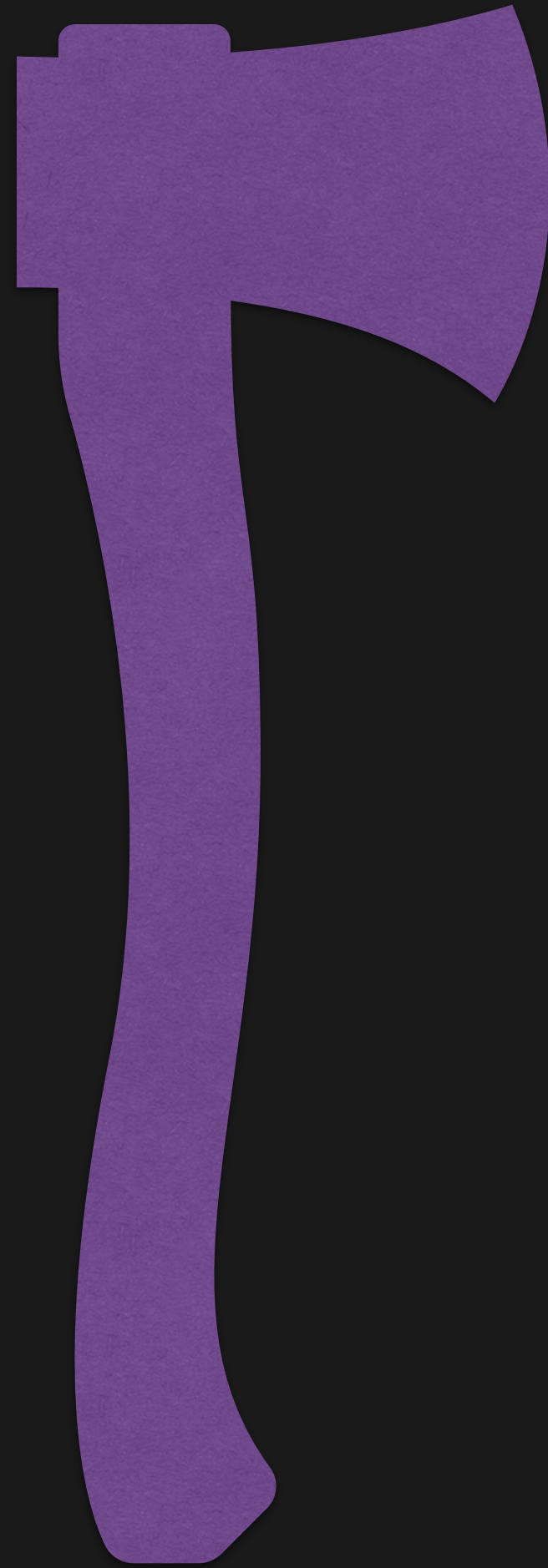


<https://www.nasa.gov/sites/default/files/thumbnails/image/iss064s002.jpg>



ASI





SIGAXE



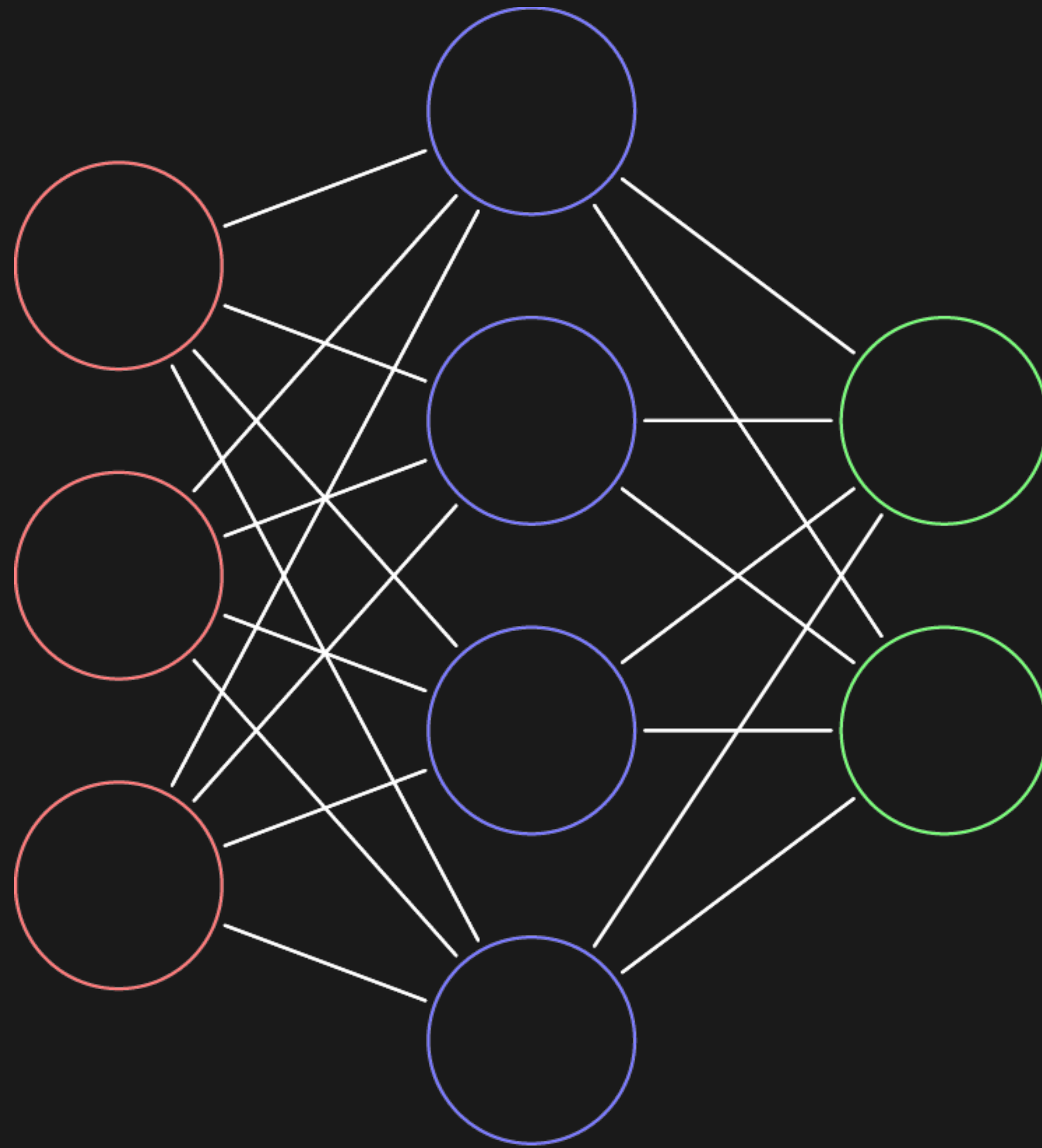


# WARNING

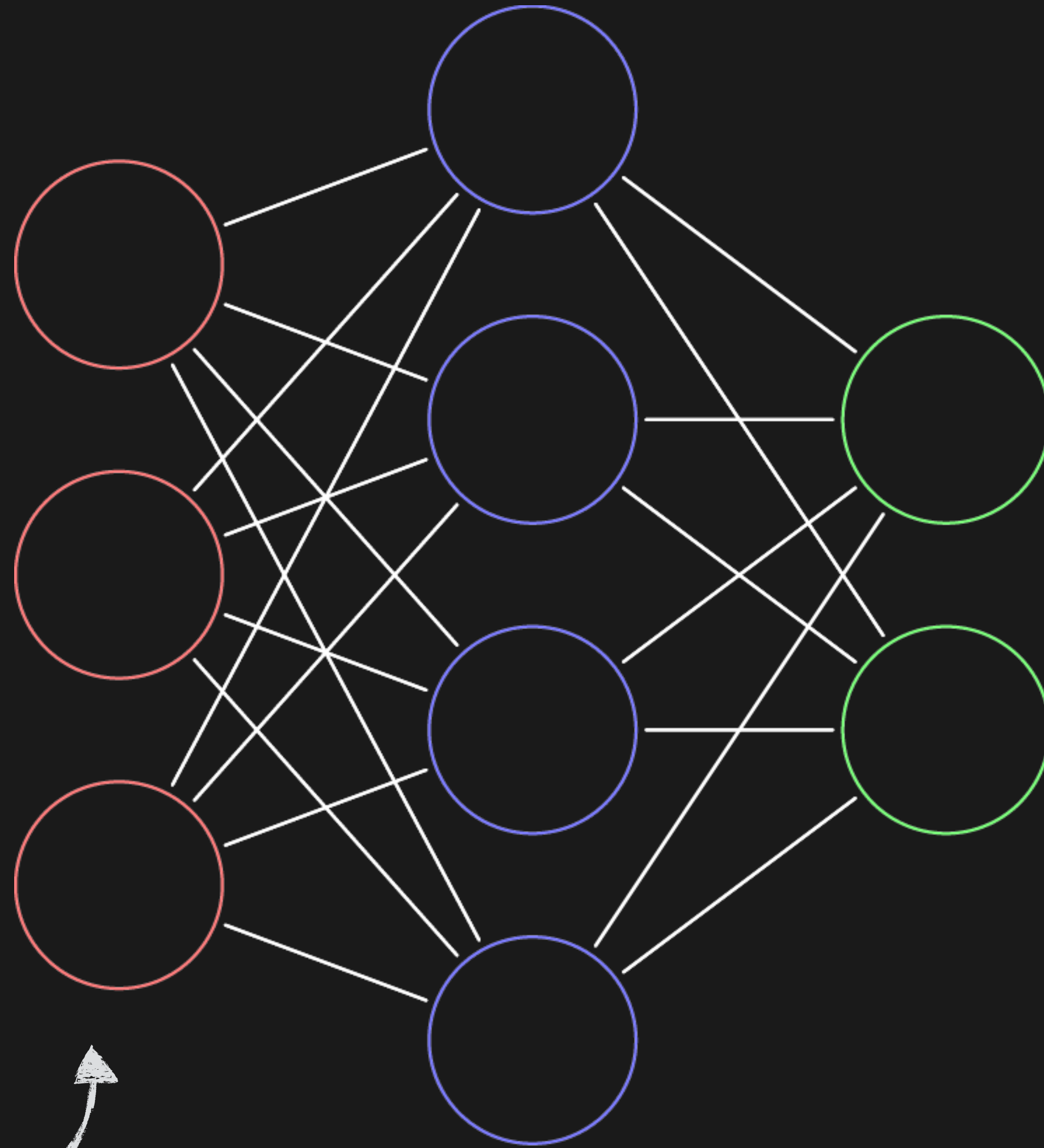


Never let AI reproduce

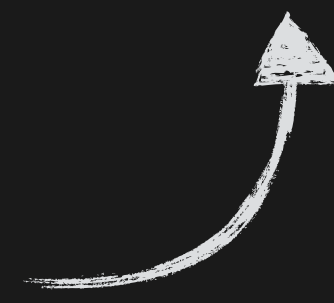
Never arm a robot (without an human in the loop)

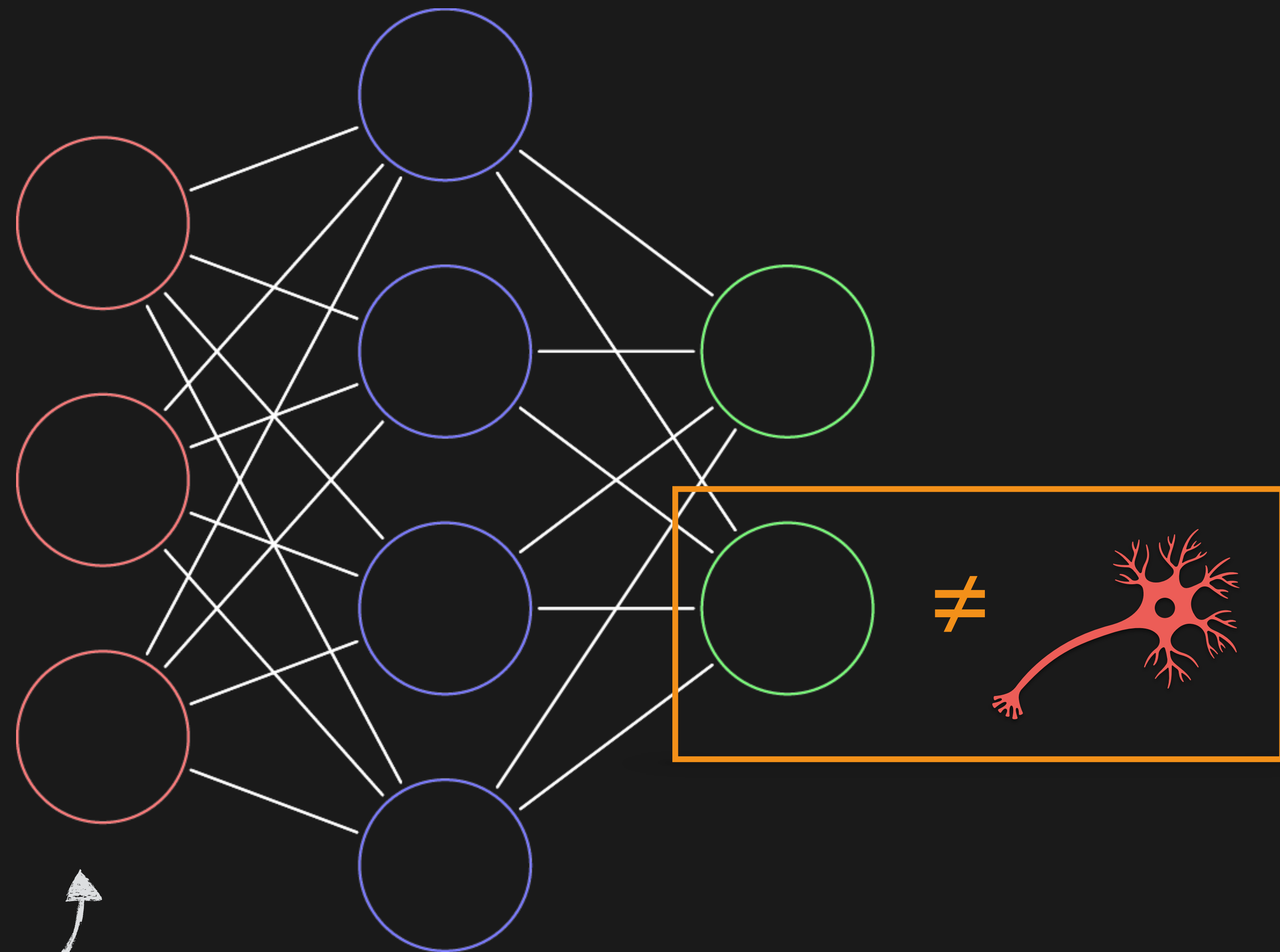


Glosser.ca, CC BY-SA 3.0, via Wikimedia Commons



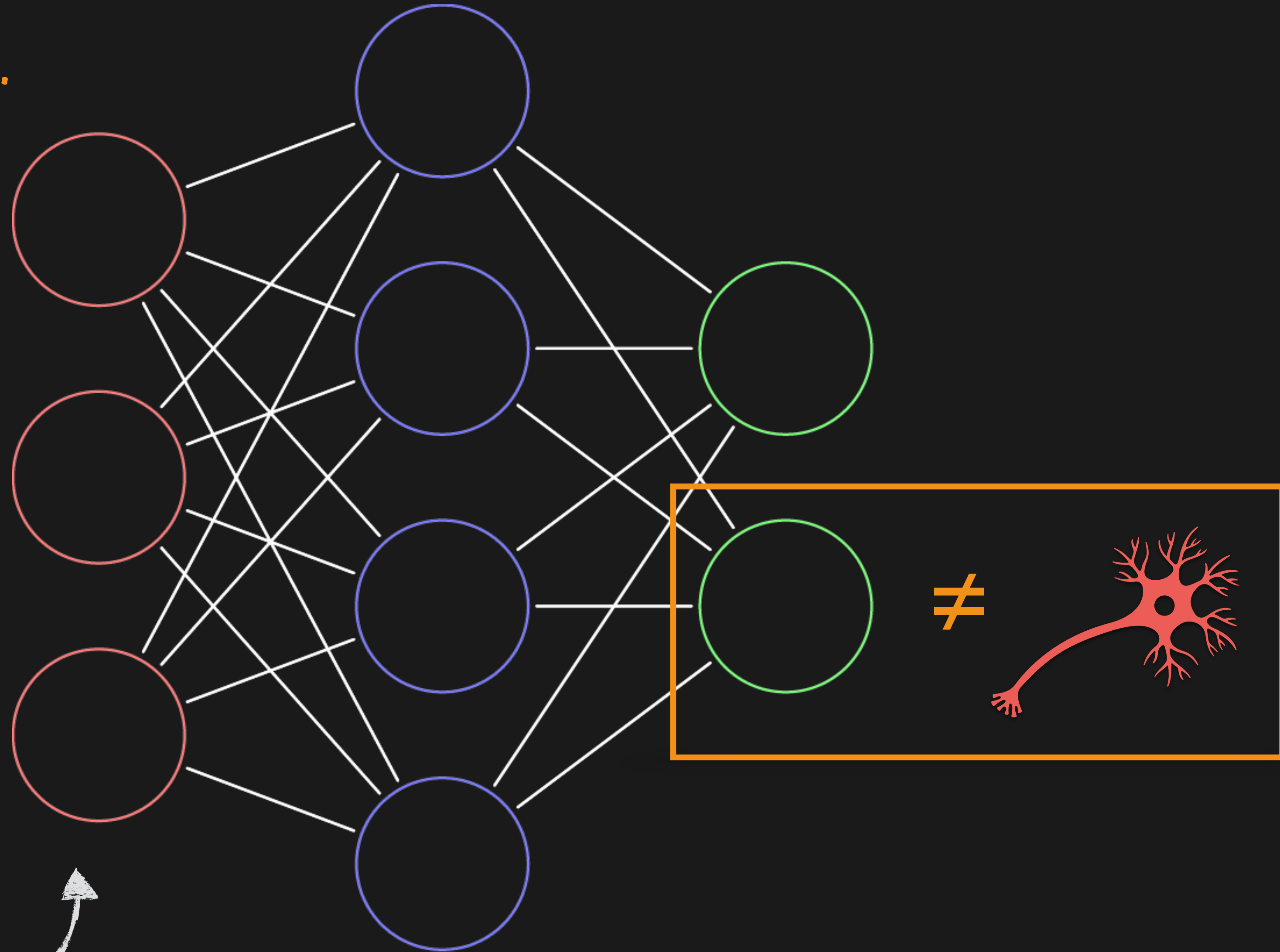
$n < 10^{10}$ ? LOL!





$n < 10^{10}$ ? LOL!

It looks like you are trying to write a letter...



$n < 10^{10}$ ? LOL!



// *TODO: We should probably fix this before prod release*

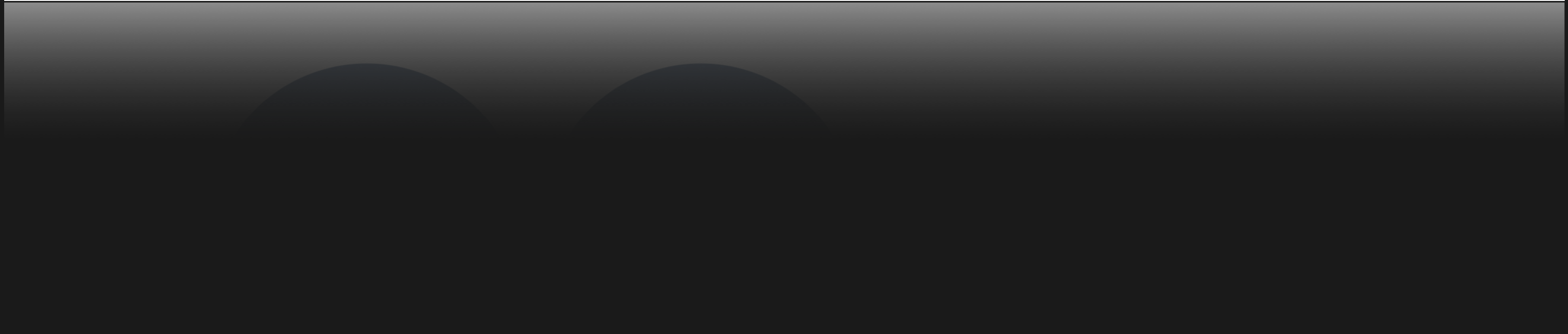
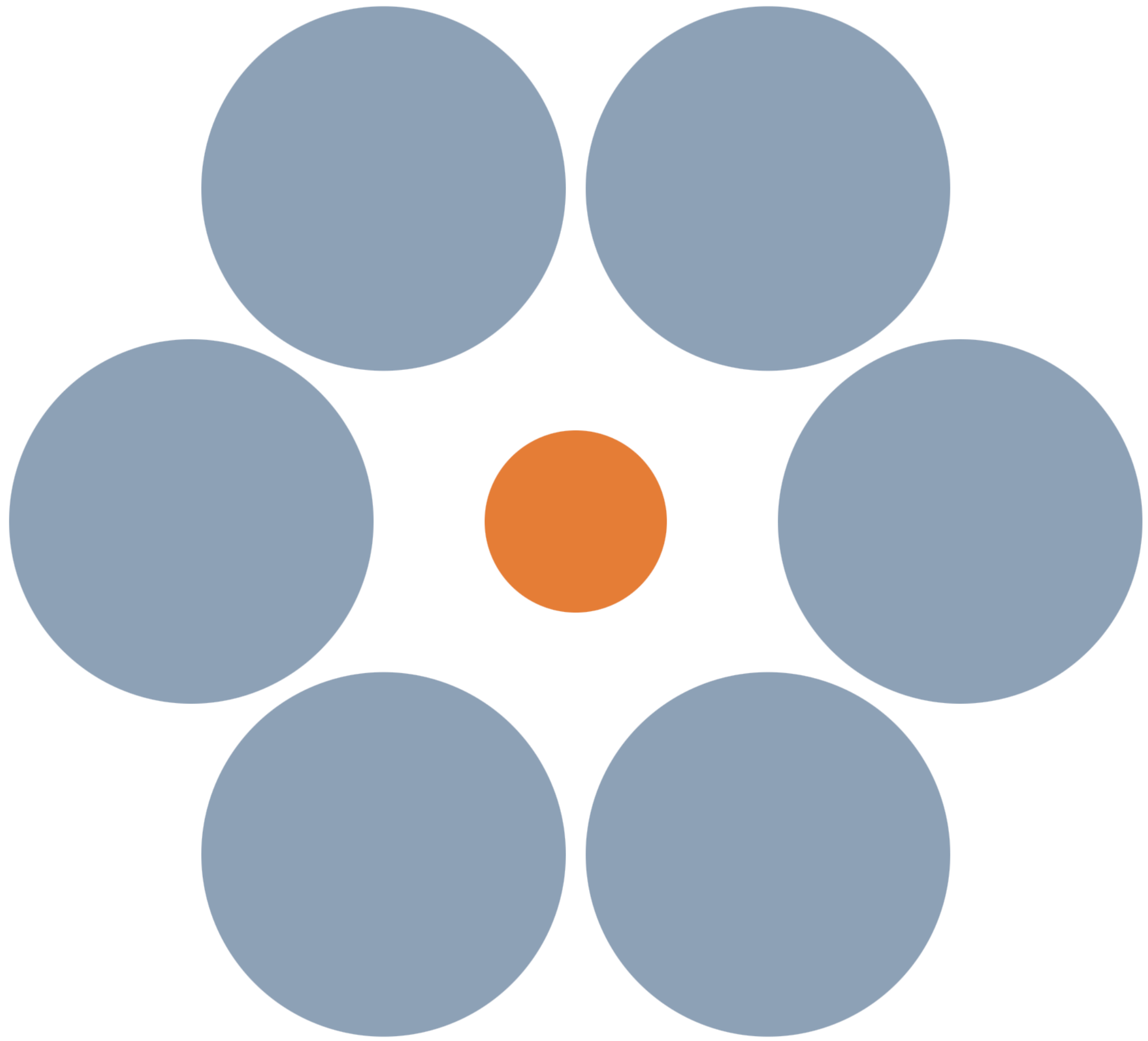


Issues +Inf

Build Squirrel!

Documentation None

Code Quality F-







DOM DAVIS  
AI EXPERT

DOM DAVIS

AI EXPERT

*not an*

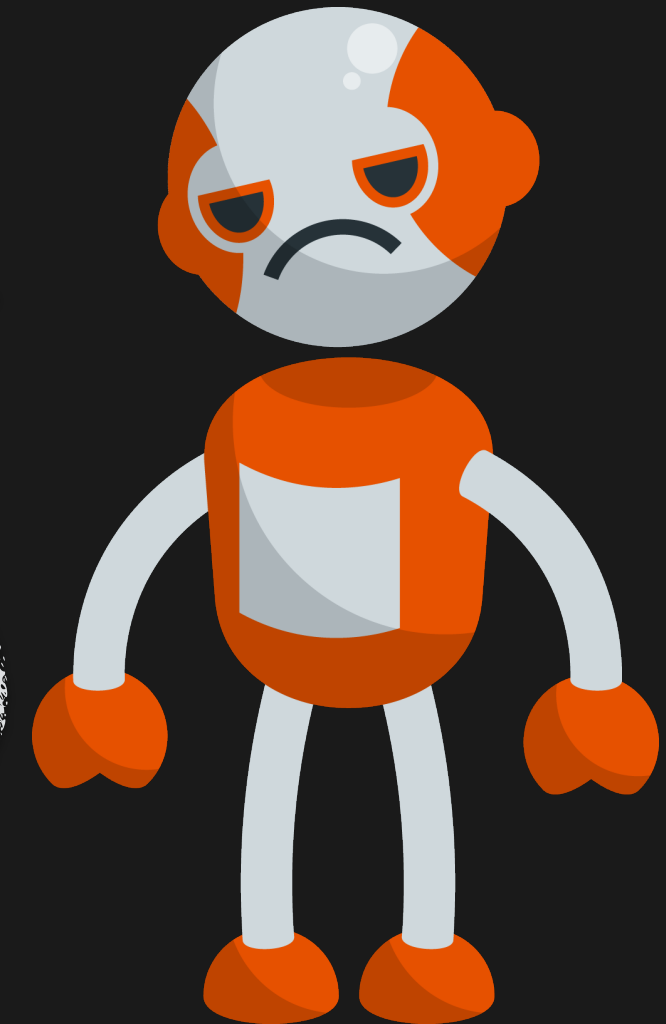
*categoryically*  
*not an*

DOM DAVIS  
AI EXPERT



AI is not a silver bullet

Oh...



A NON-EXHAUSTIVE LIST OF THINGS DOM IS  
NOT AN EXPERT ON:

A NON-EXHAUSTIVE LIST OF THINGS DOM IS  
NOT AN EXPERT ON:  
NEURO DIVERSITY



A NON-EXHAUSTIVE LIST OF THINGS DOM IS  
NOT AN EXPERT ON:

NEURO DIVERSITY  
CLINICAL DEPRESSION

A NON-EXHAUSTIVE LIST OF THINGS DOM IS  
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CLINICAL DEPRESSION  
HUMAN PSYCHOLOGY

A NON-EXHAUSTIVE LIST OF THINGS DOM IS  
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CLINICAL DEPRESSION

HUMAN PSYCHOLOGY

SELECT \* FROM STUFF

A NON-EXHAUSTIVE LIST OF THINGS DOM IS  
NOT AN EXPERT ON:

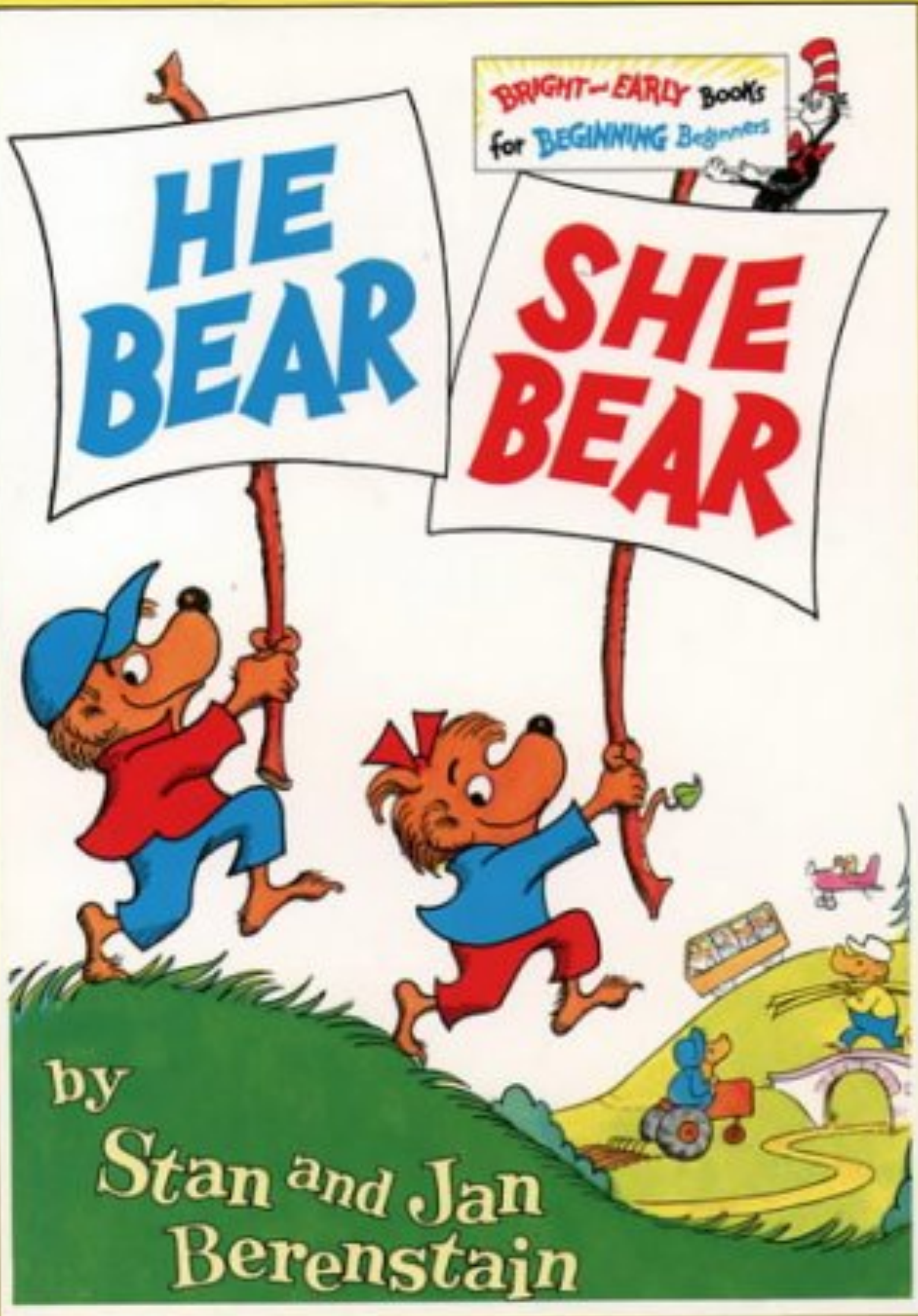
NEURO DIVERSITY

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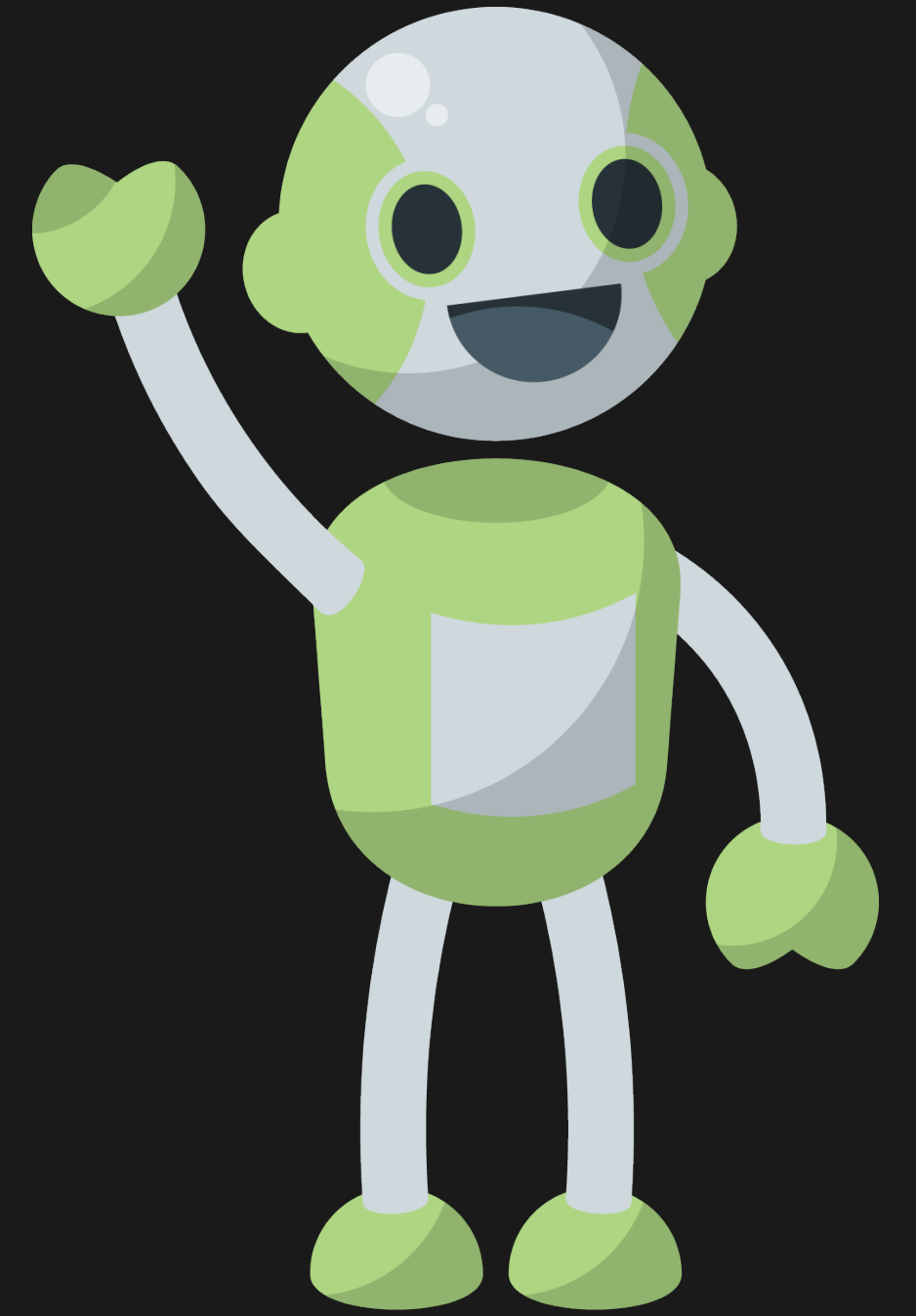
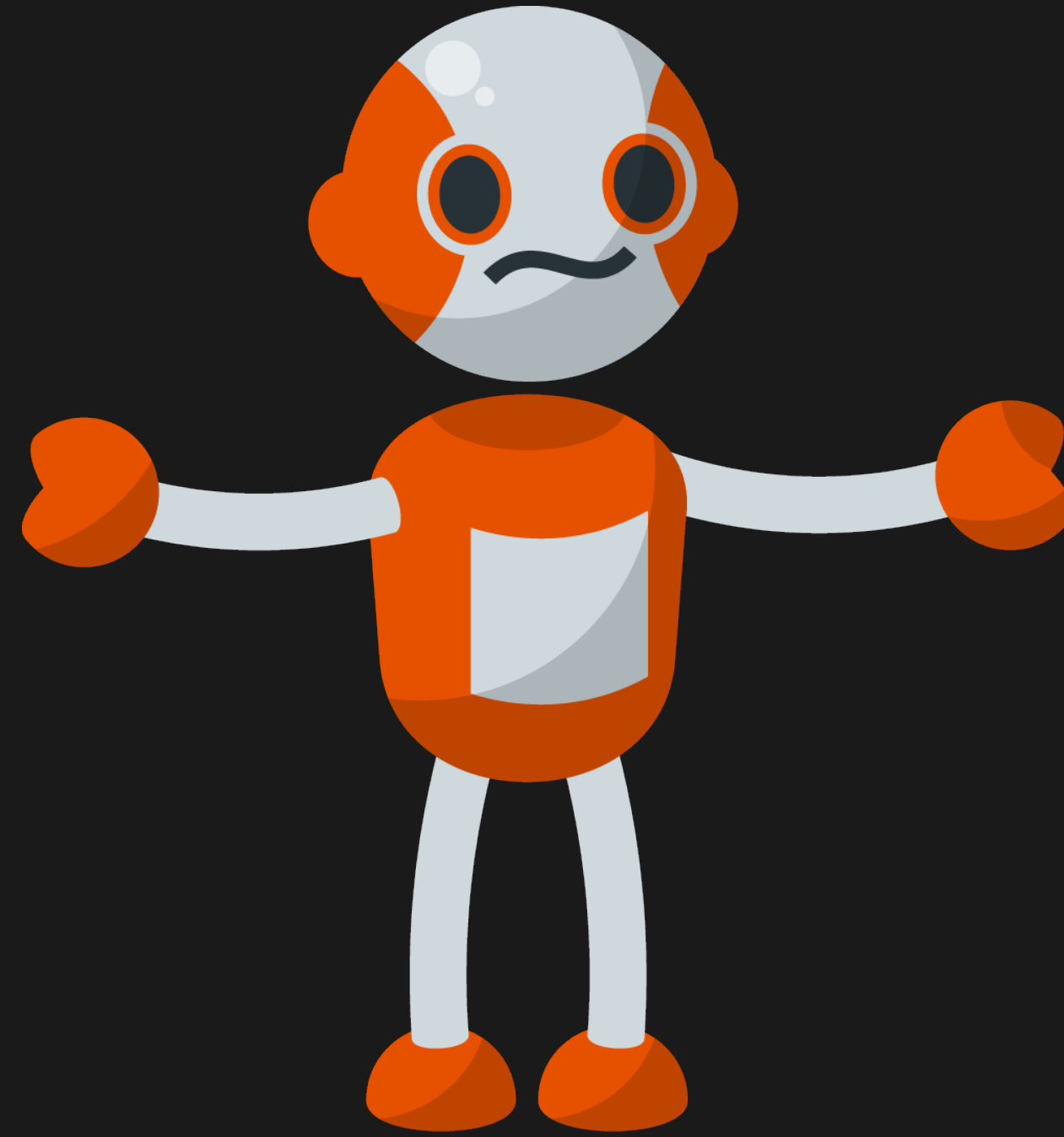
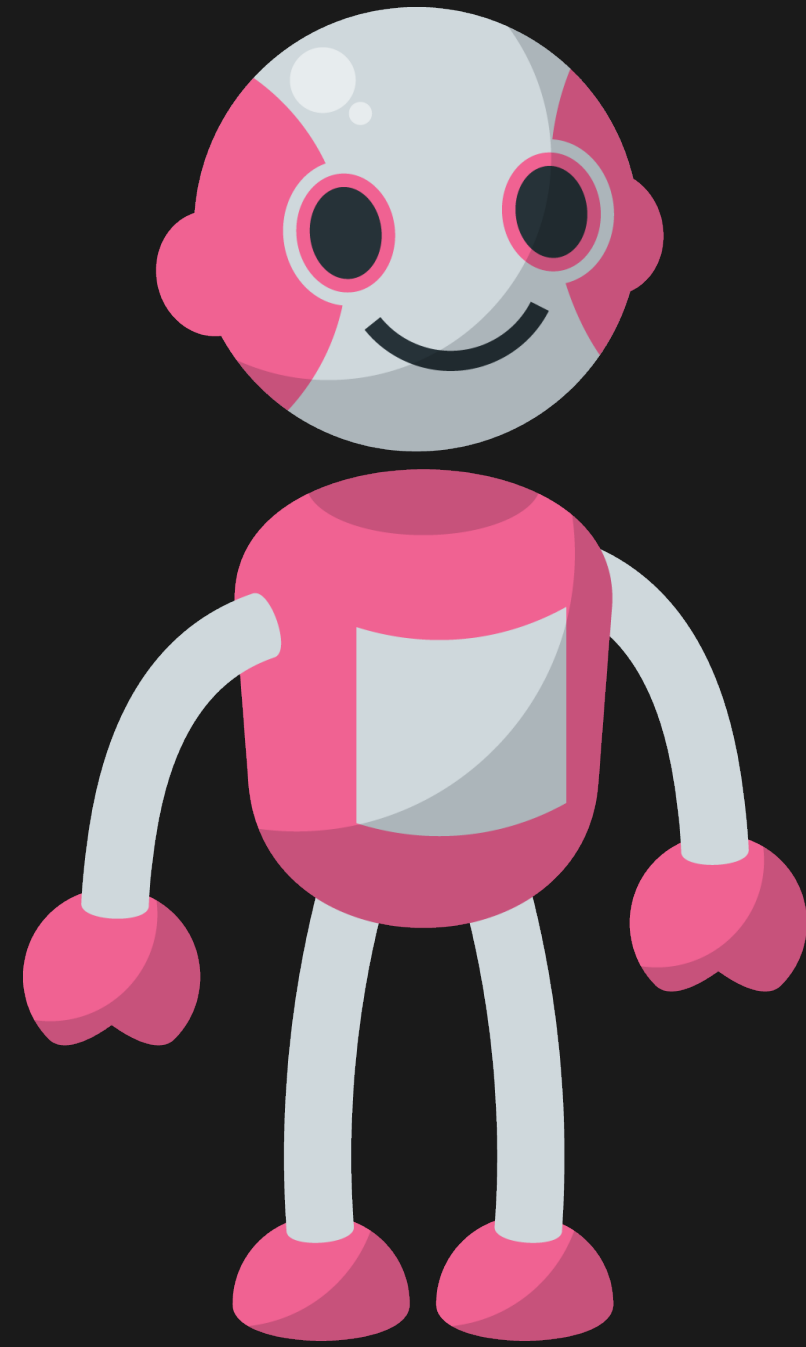
ANYONE ELSE



by  
Stan and Jan  
Berenstain



YOU HAVE NO IDEA WHAT  
SOMEONE IS GOING THROUGH







**Kevlin Henney** @KevlinHenney

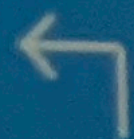
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# Human Interactions And State Changes

# Human Interactions And State Changes

Authority Figure

Hey, we need to have a chat.  
Is 4PM good for you?

# Human Interactions And State Changes

Authority Figure

Hey, we need to have a chat.  
Is 4PM good for you?

Me

Yeah, Sure!

# Human Interactions And State Changes



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Yeah, Sure...

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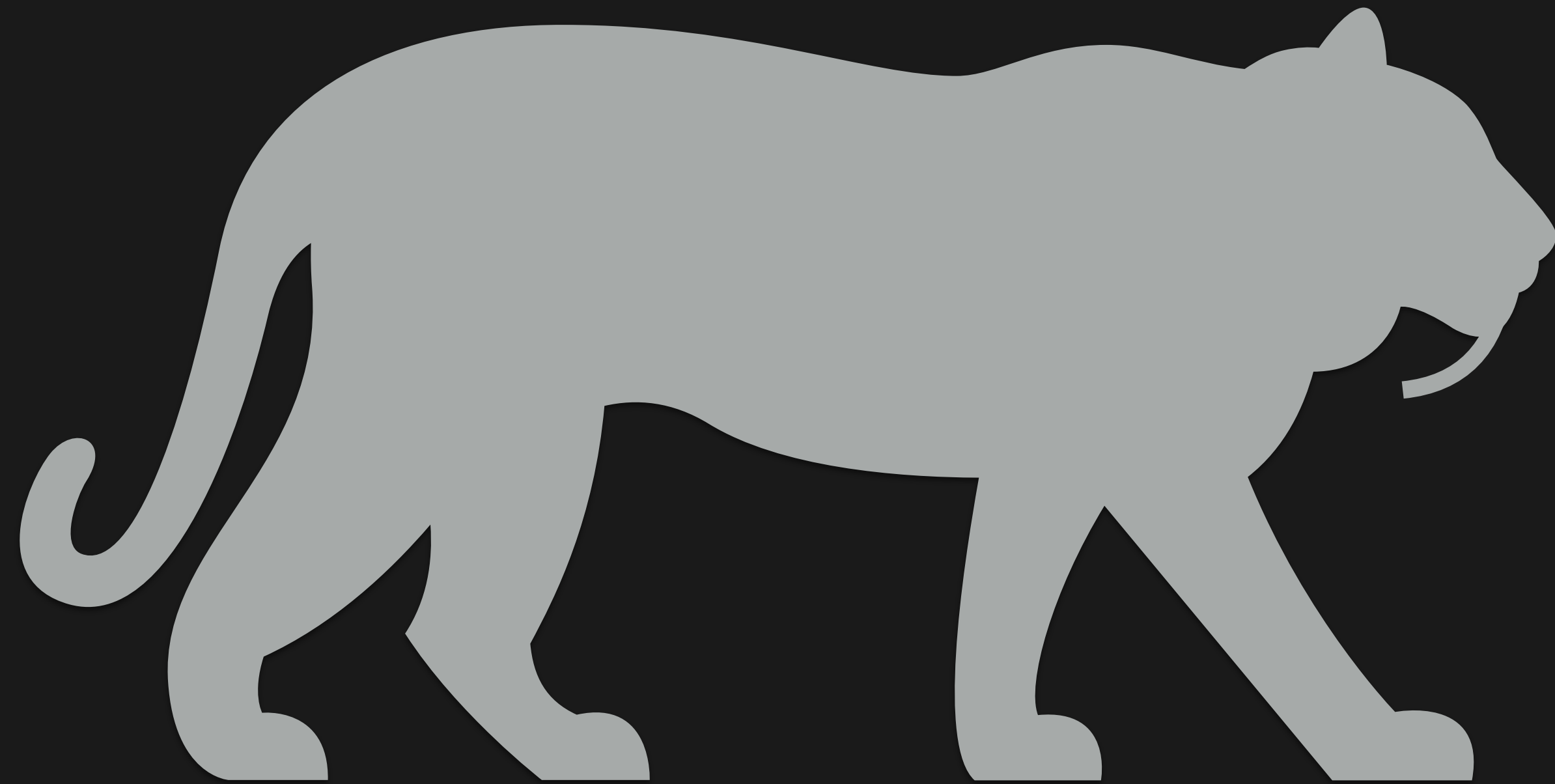
Authority Figure

Hey, we need to have a chat.  
Is 4PM good for you?

Me

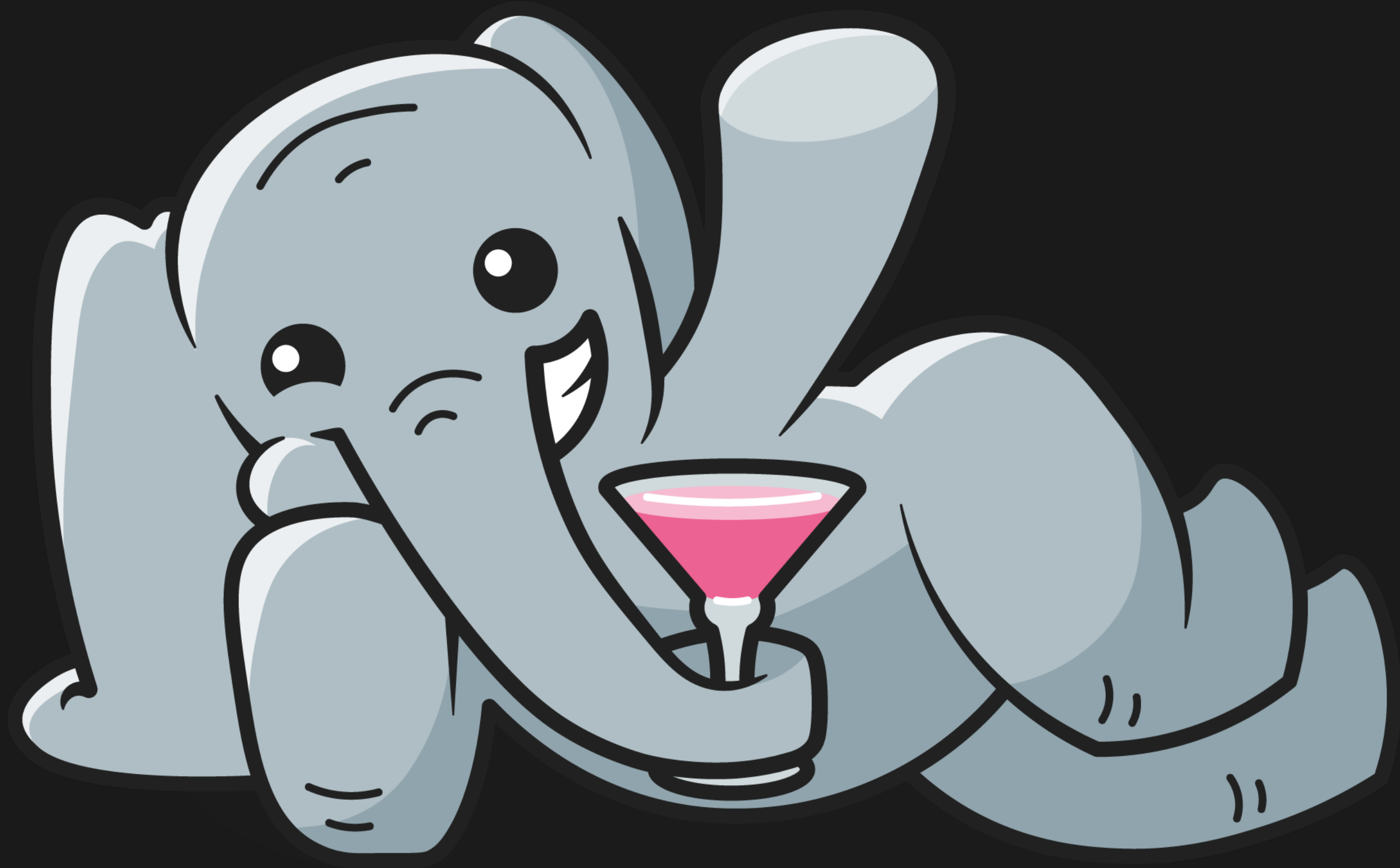
Yeah, Sure...







Pterinochilus murinus is also known as "OBT", which means "orange bitey thing".



# HI, I'M DOM DAVIS, AND I HAVE DEPRESSION

---

has been classified for ACCU exhibition



18

Strong language, reference to suicide and self harm, drug references, mild fantasy peril... oh, and spiders. Don't forget about the spiders.



PLEASE, FOR THE LOVE OF ALL  
THAT IS GOOD, GIVE US A HINT AS  
TO WHAT THE MEETING IS ABOUT!

# Human Interactions And State Changes

More complete context

Authority Figure

Hey, we need to have a chat.  
Is 4PM good for you?

Me

Yeah, Sure...

Assumed or missing context





**I bet he's thinking  
about other women!**

**Why would a language even let  
you choose where to put the const?**



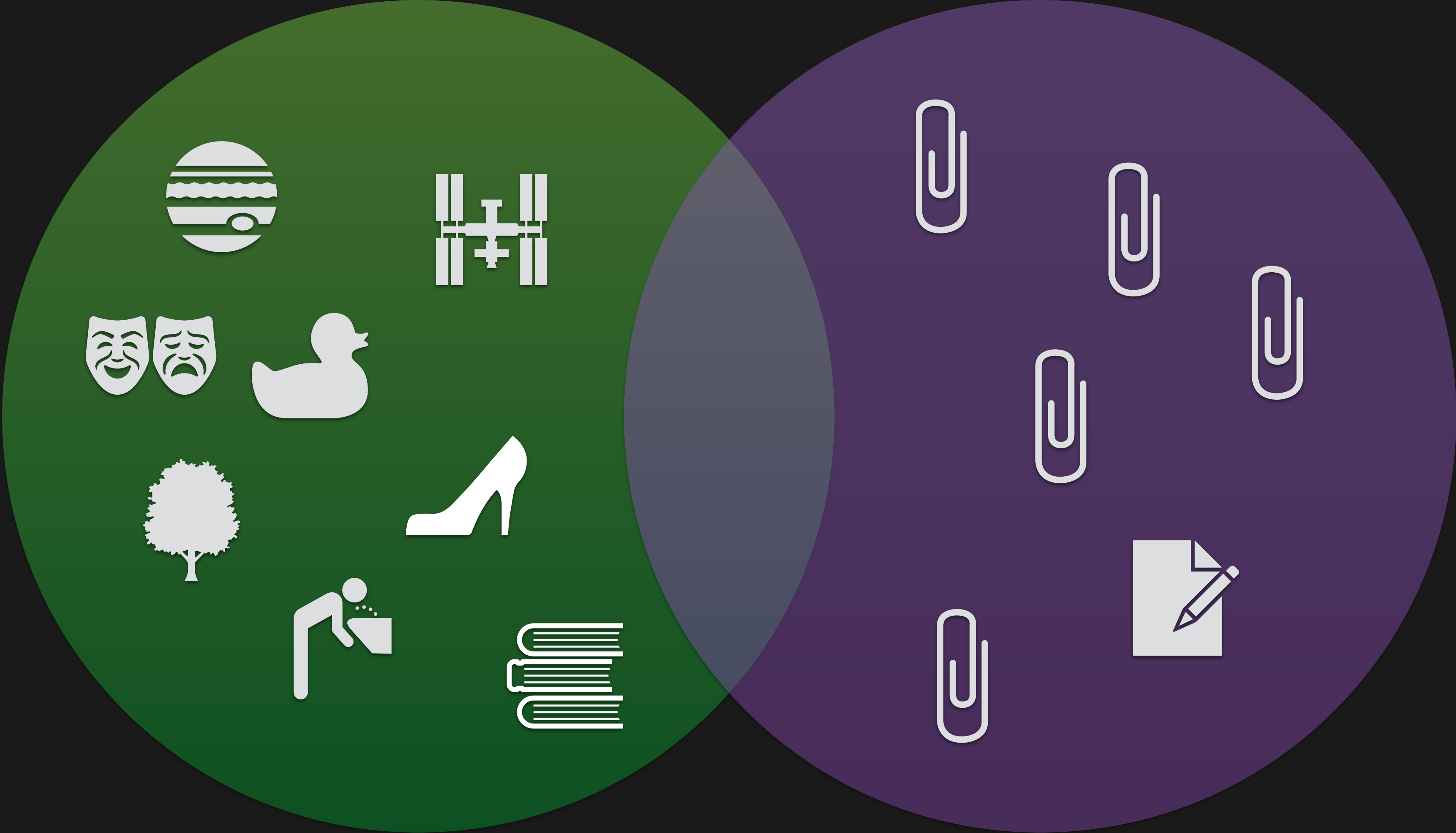
# Human A





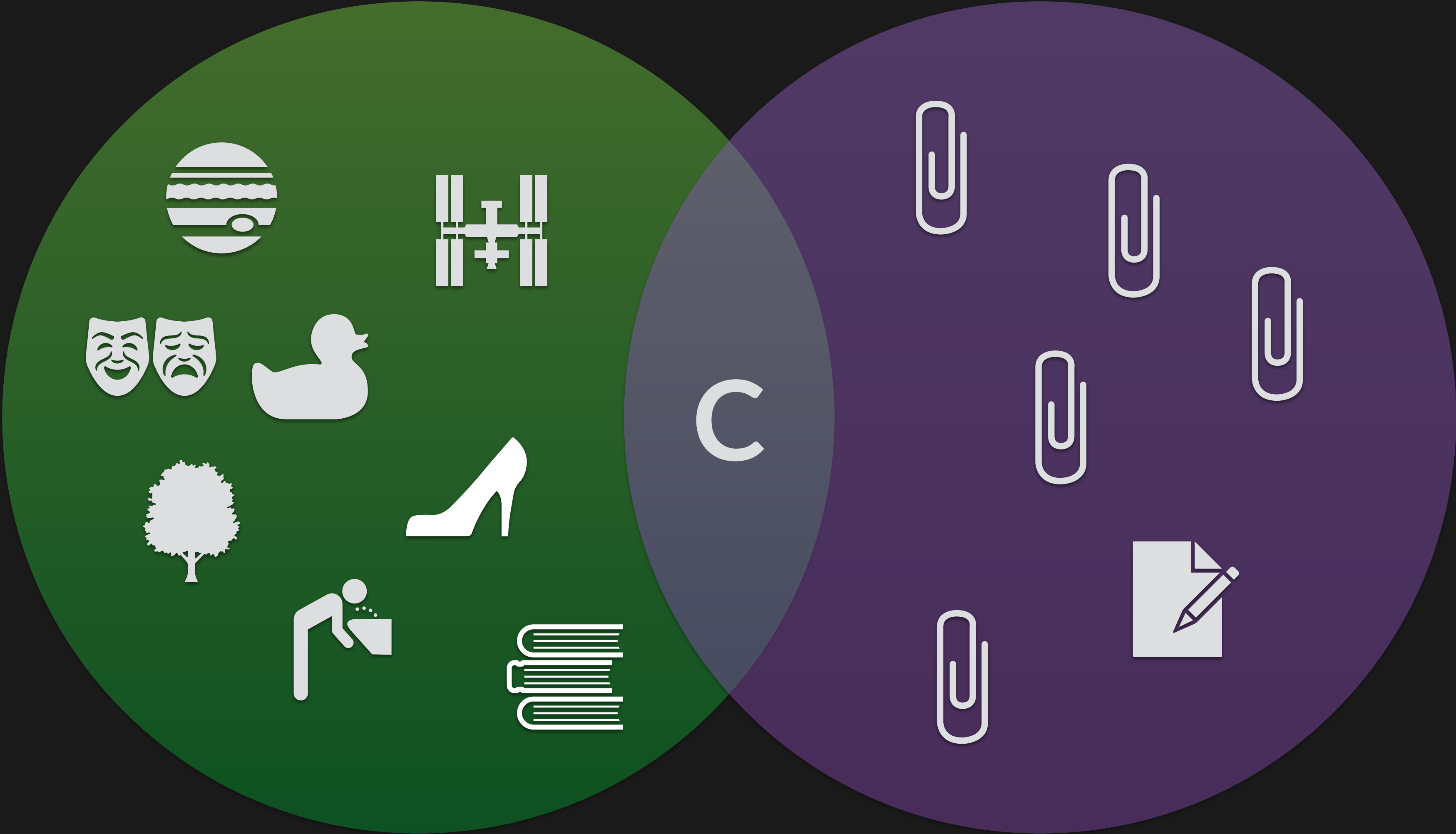
Human A

Human B



Human A

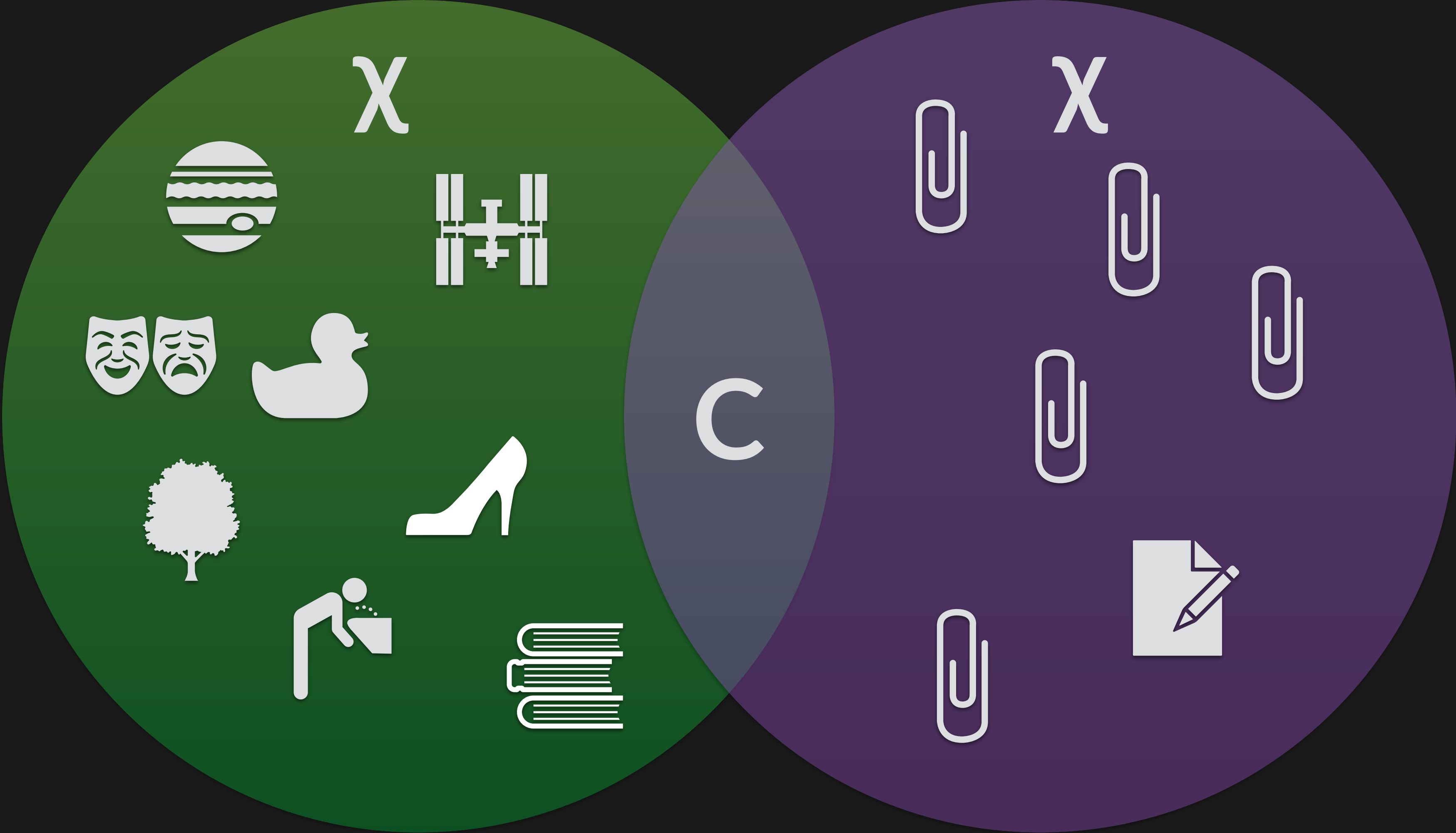
Human B



$$C_A \cong C_B$$

Human A

Human B



$\chi_A \neq \chi_B$

Human A

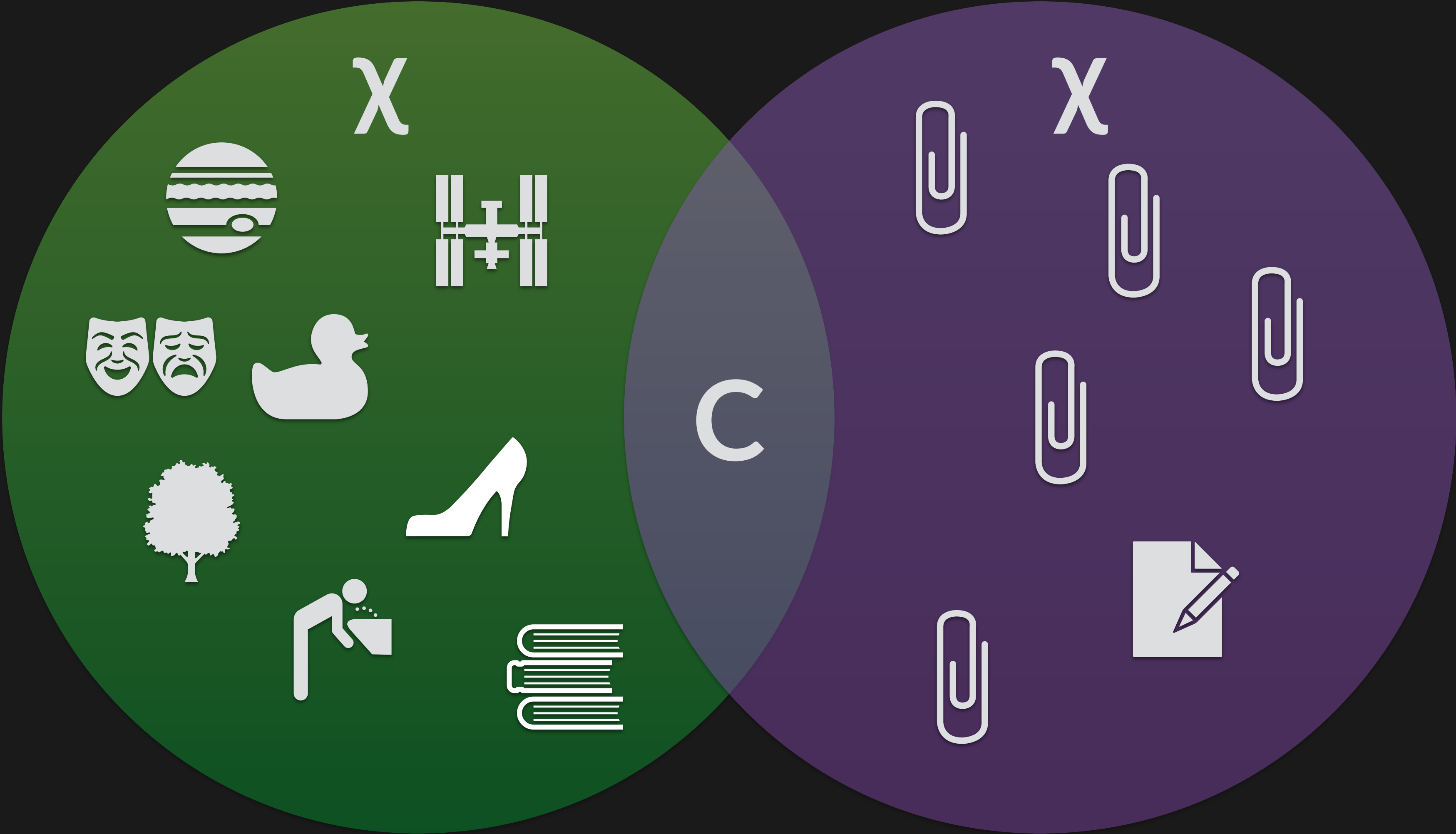


Human B



Human A

Human B



Human A



Human B

Human A



Human B

Human A



Human B



Human A

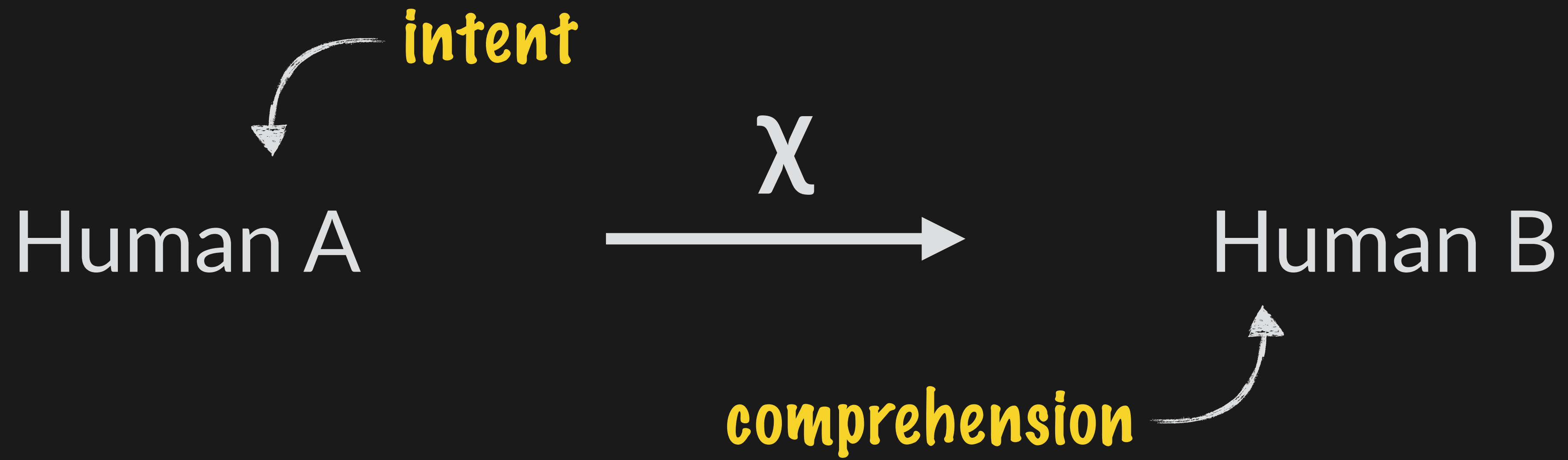


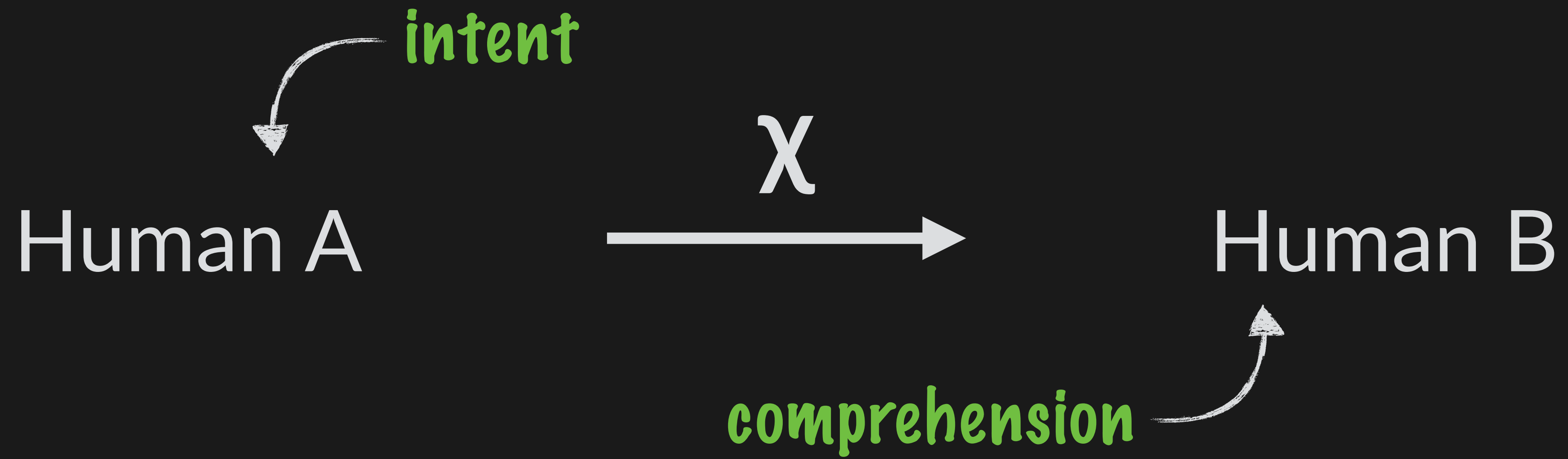
Human B

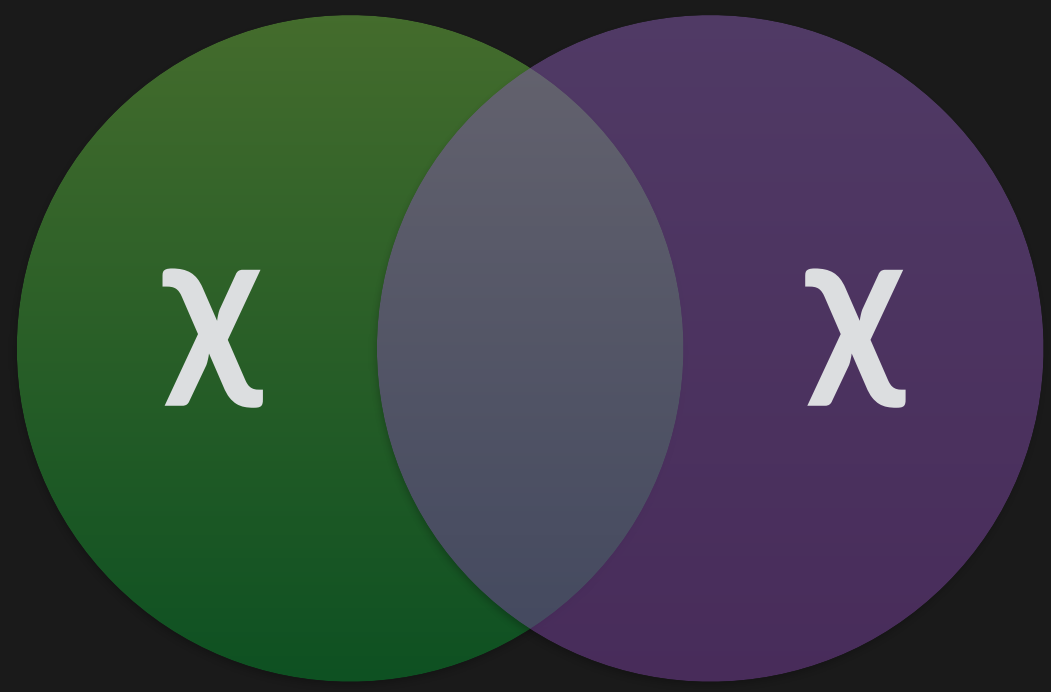
Human A



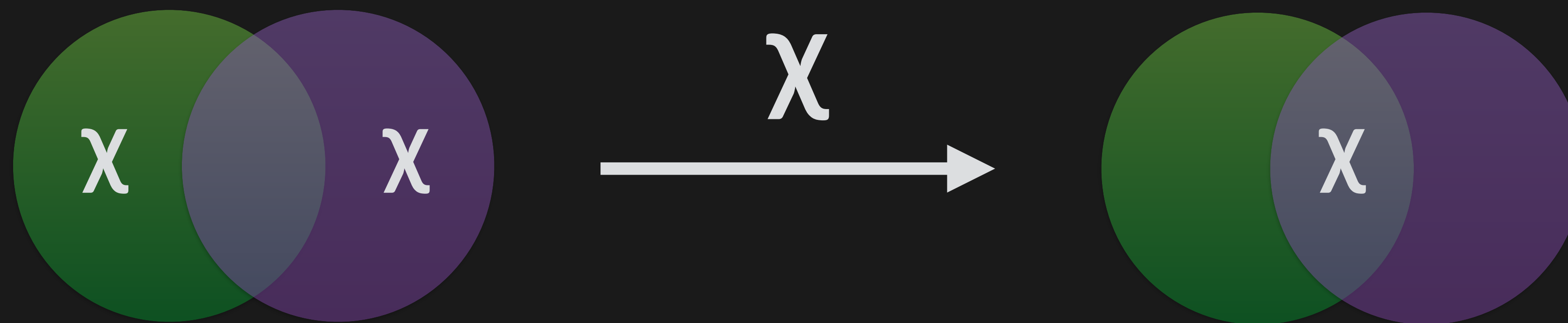
Human B

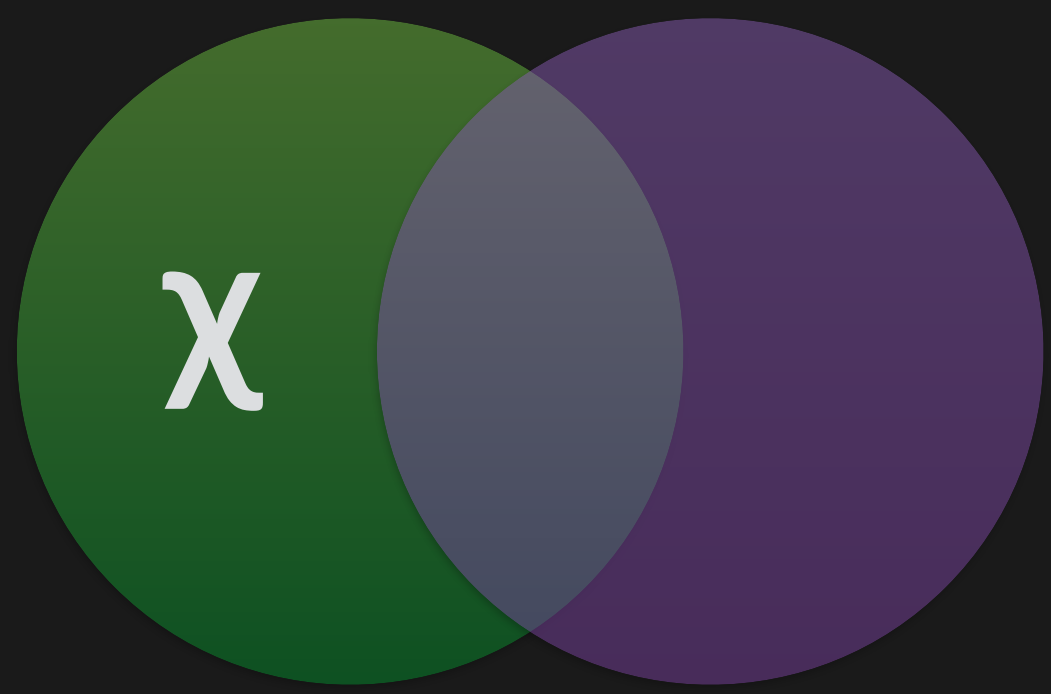
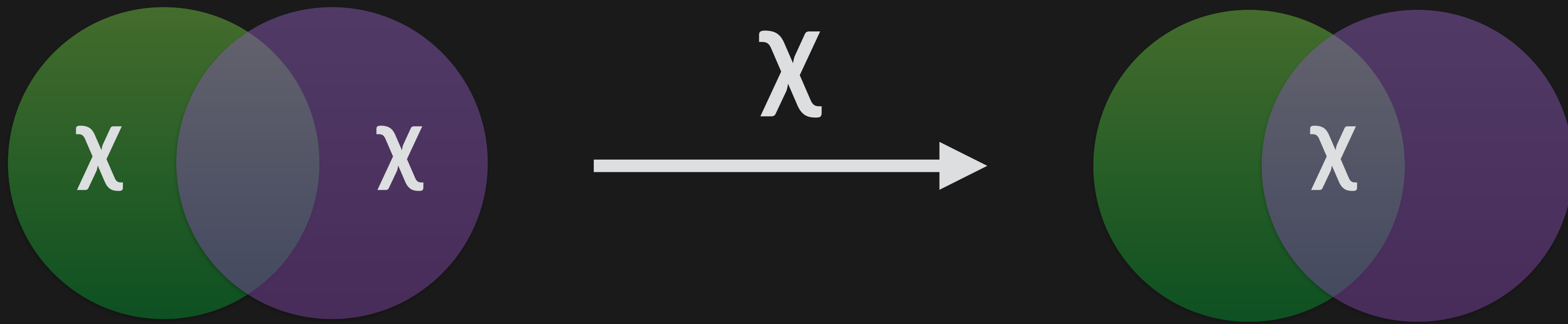


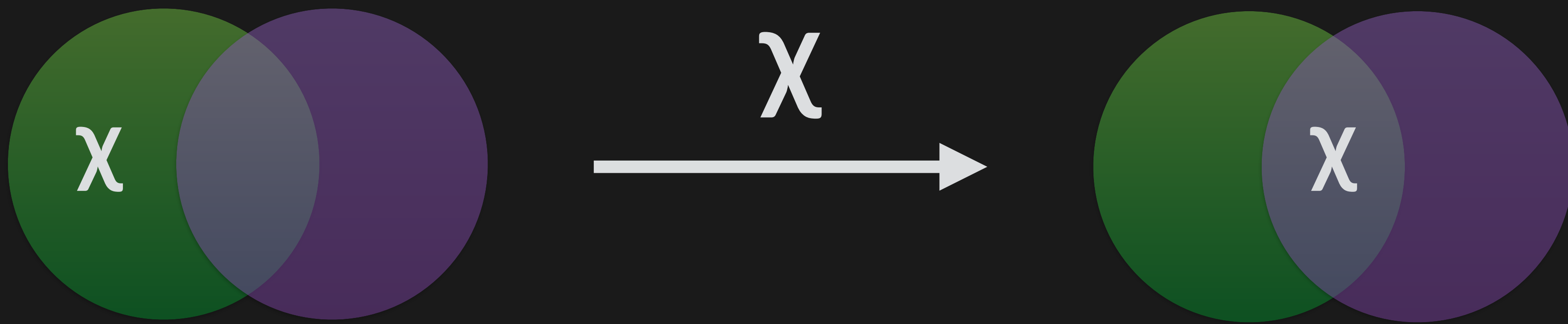
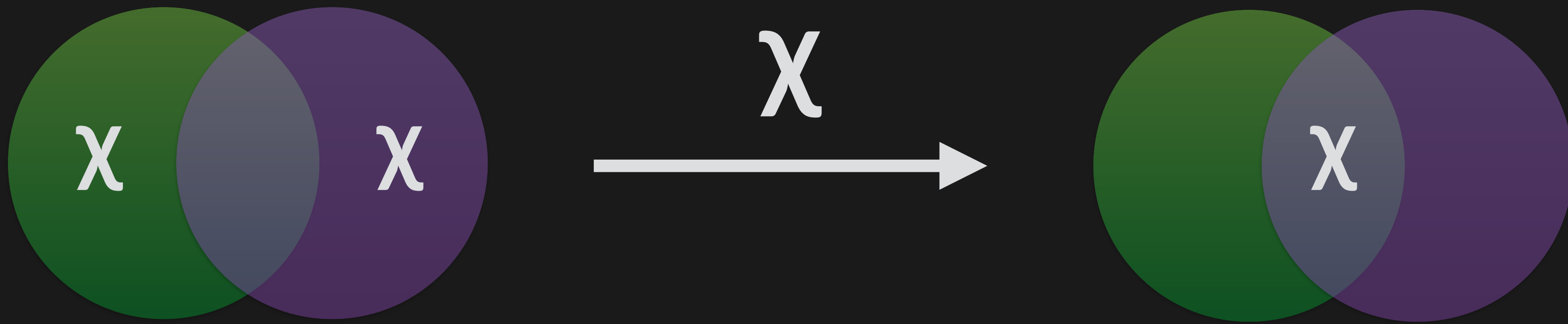


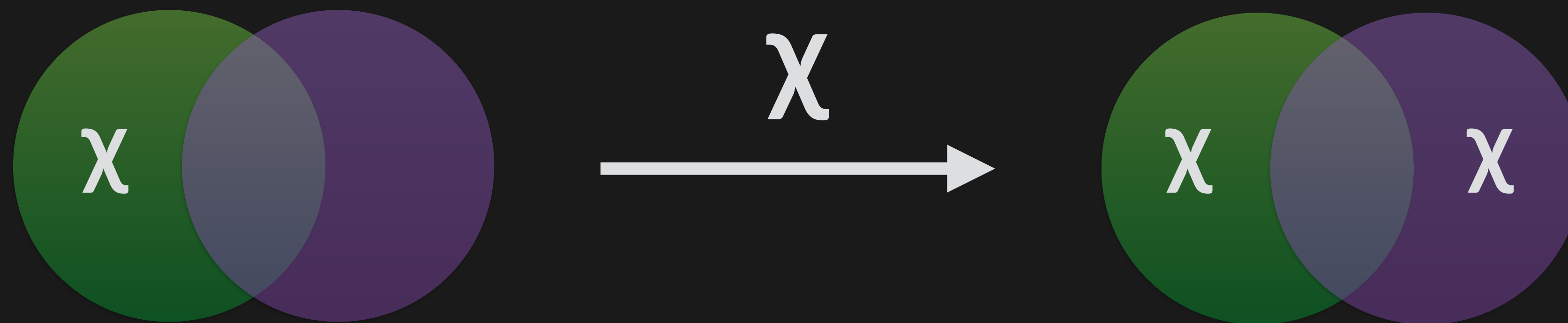


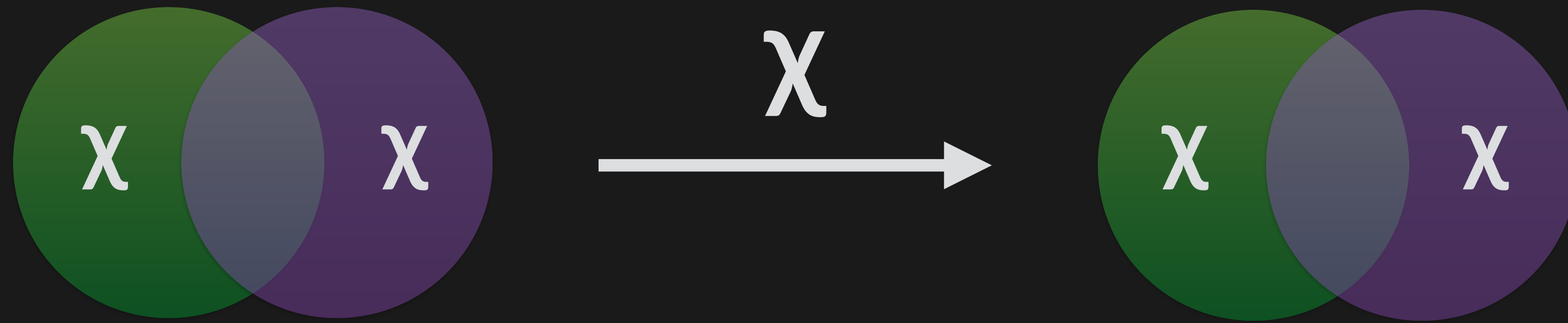




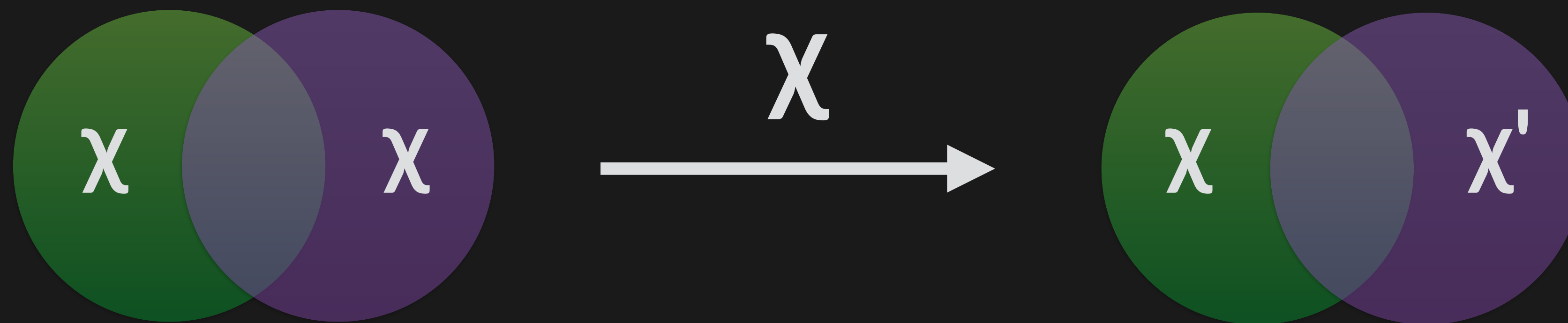


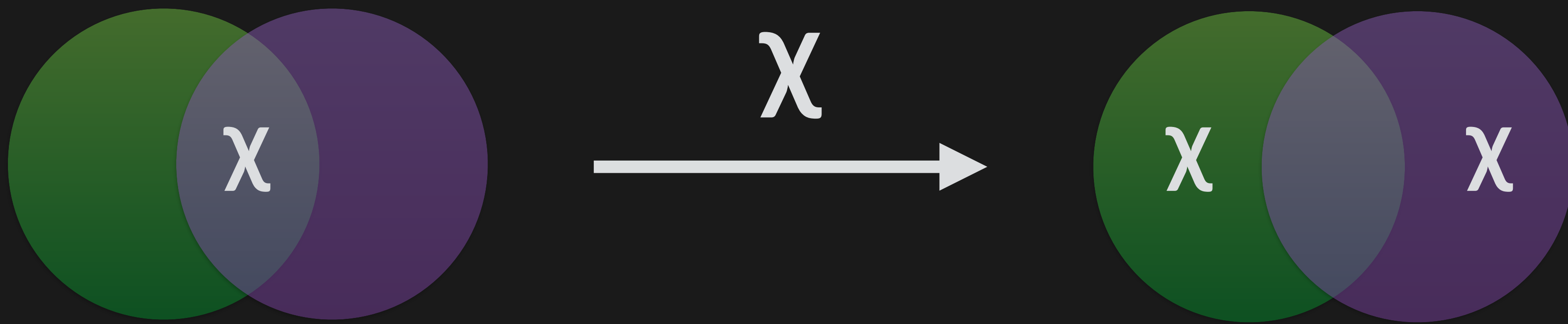
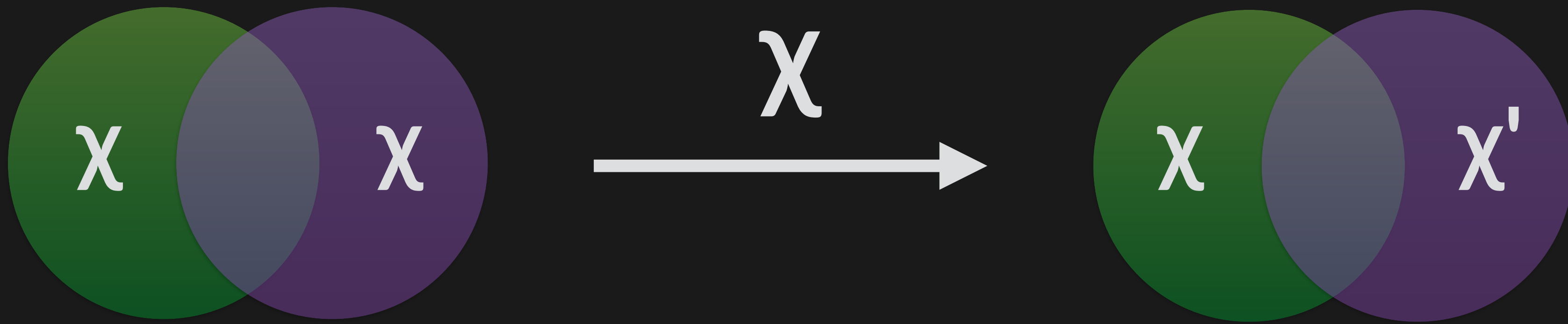




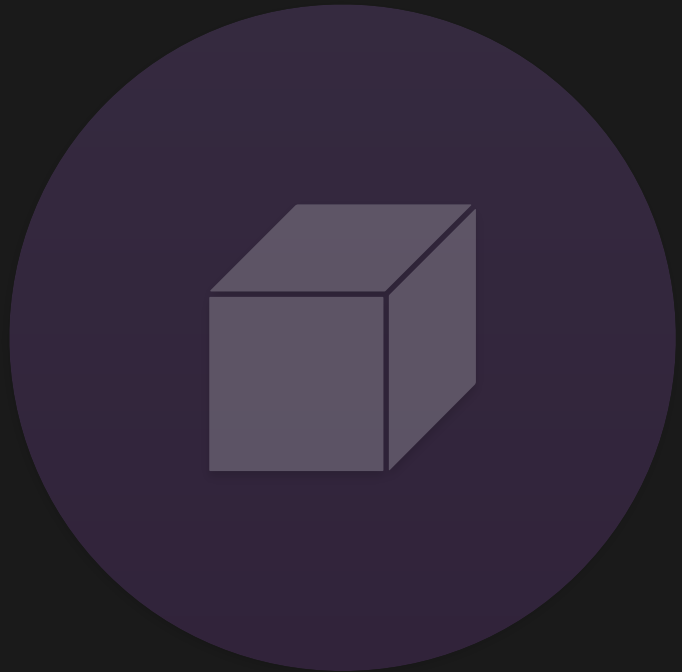




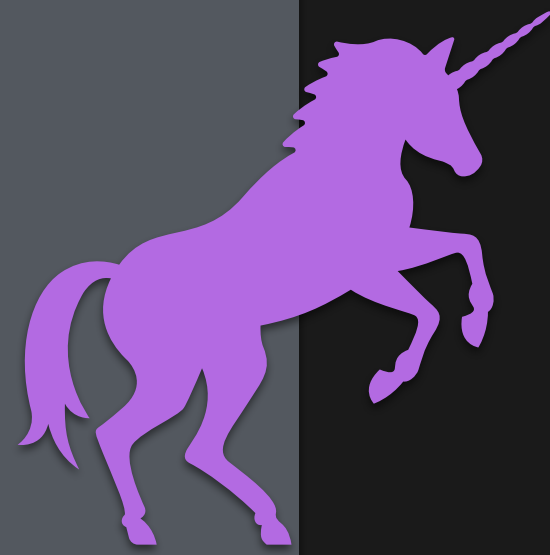








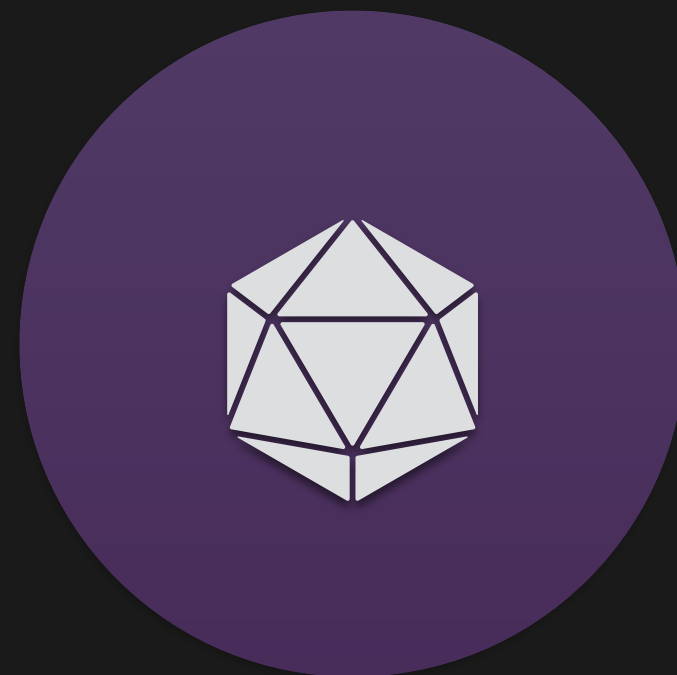
Stage



Magic!



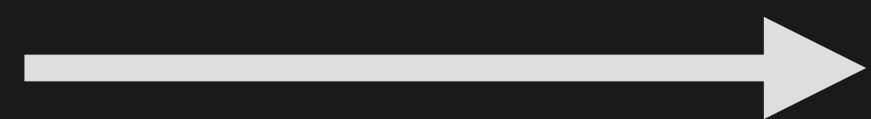
Audience





TANZT KAPUTT, WAS  
EUCH KAPUTTT MACHT!

$n < 5$



$n > 100$

Brave

Brave

Courageous

## Dictionary

**brave** | breɪv | adjective

ready to face and endure danger or pain;  
showing courage: *a brave soldier* | *he put up a  
brave fight before losing* | *she was very brave  
about the whole thing* | (as plural noun **the more**

## Thesaurus

**brave** adjective

*they put up a brave fight*: **COURAGEOUS**, plucky,  
fearless, valiant, valorous, intrepid, heroic,  
lionhearted, manful, macho, bold, daring,  
daredevil, adventurous, audacious, death-or- **more**

**Open in Dictionary**



**Configure Dictionaries**



Dictionary

Siri Knowledge

Films

Siri Suggested W



# Brave

# Courageous



## Dictionary

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**Open in Dictionary**



**Configure Dictionaries**



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Siri Suggested W

# Brave

## Dictionary

**courageous** | kə'reɪdʒəs | adjective

not deterred by danger or pain; **brave:** *her  
courageous human rights work.*

DERIVATIVES **more**

## Thesaurus

**courageous** adjective

*only the children were courageous enough to  
step out of hiding:* **BRAVE**, plucky, fearless,  
valiant, valorous, intrepid, heroic, lionhearted,  
manful, bold, daring, daredevil, adventurous, **more**

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Dictionary

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Films

Siri Suggested Websites

# Courageous

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DERIVATIVES **more**

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Dictionary

Siri Knowledge

Films

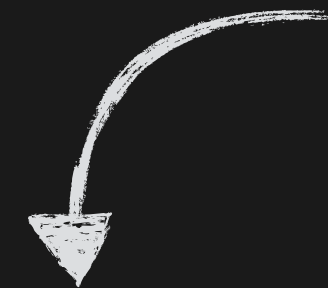
Siri Suggested Websites

# Courageous

HI!

HI,

@idomdavis



I'M DOM DAVIS.

He/Him





HI,  
I'M DOM DAVIS,

AND I HAVE ~~DEPRESSION!~~

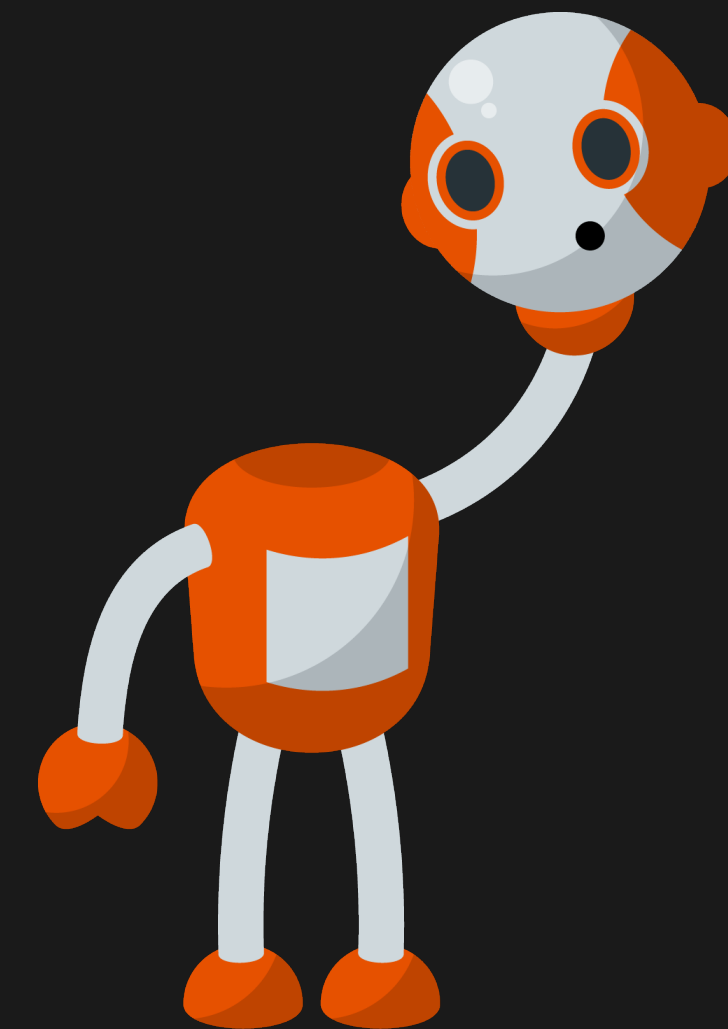
Gout





I suffer from  
gout...

Ouch! I bet  
that's painful





DEPRESSION

What even is this?!



DEPRESSION



WTF?!





A

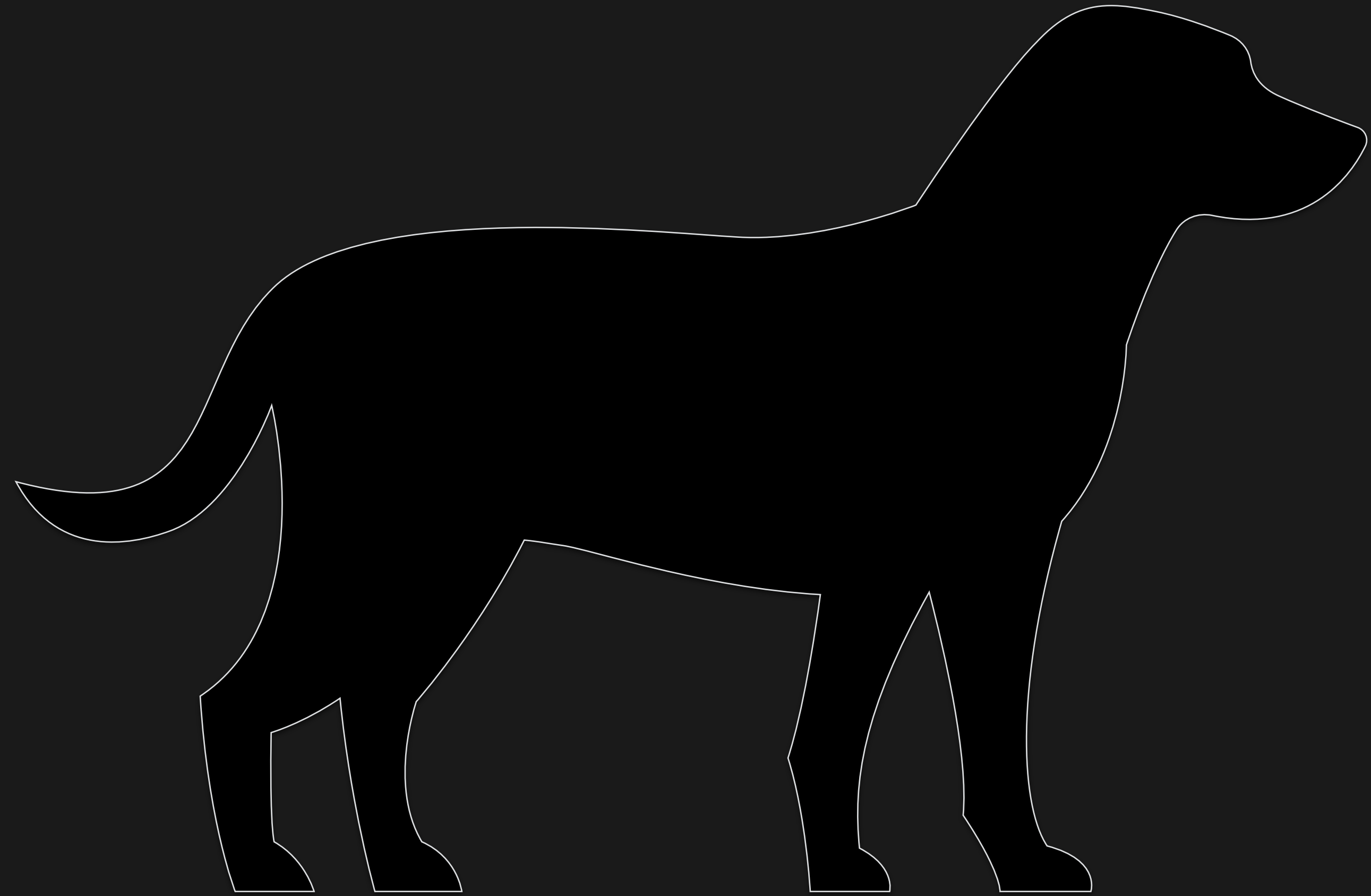
AM

**N** **O** **T**

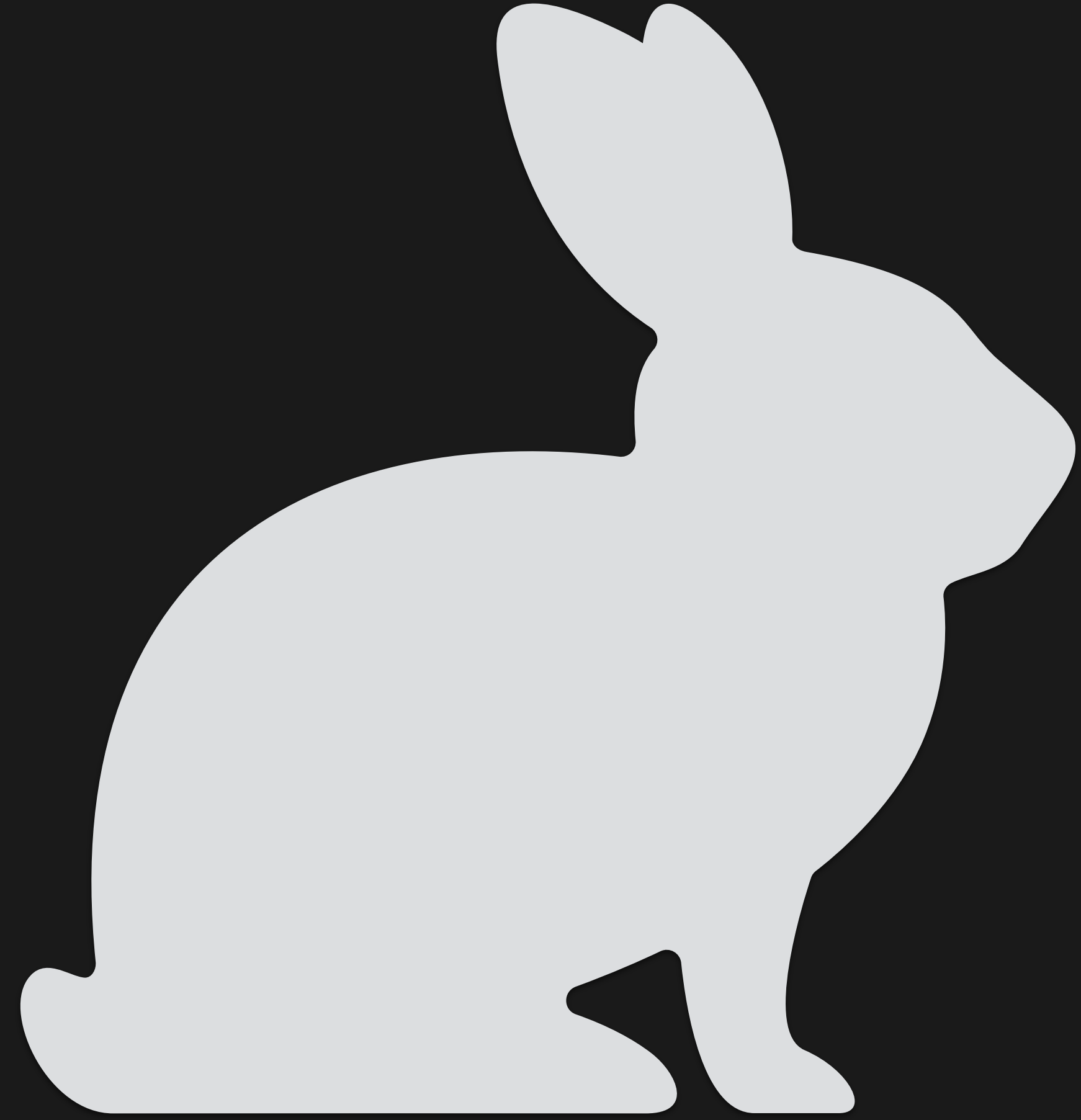
SAD

DEPRESSION  $\neq$  SAD







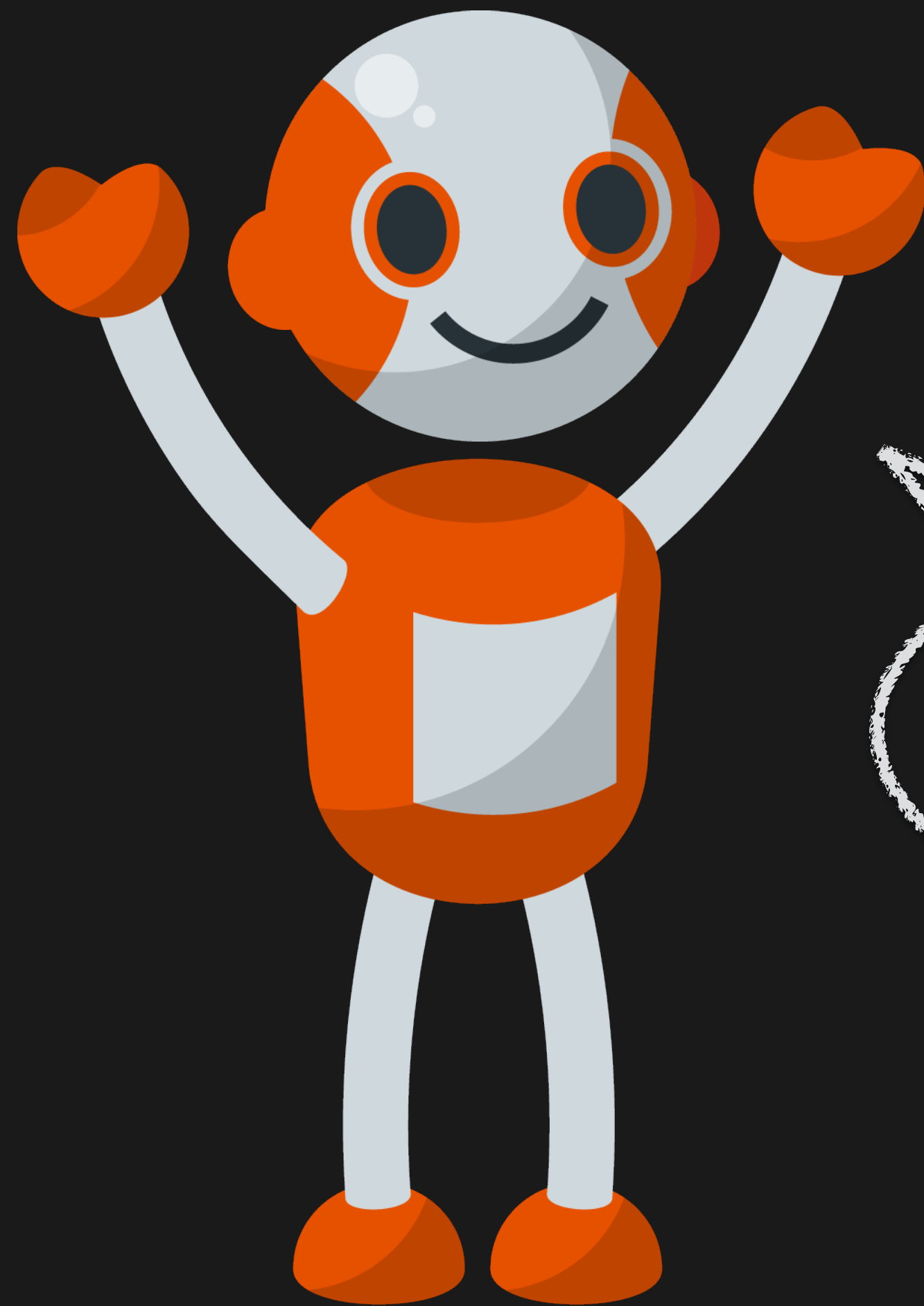


Depression is a low mood that lasts for weeks or months and affects your daily life.

<https://www.nhs.uk/mental-health/conditions/clinical-depression/>

$$\text{Sad} \neq \frac{1}{\text{Happy}}$$

$$\text{Sad} \neq -\text{Happy}$$



snap out of it!

pull yourself together



"It's often said that depression results from a chemical imbalance, but that figure of speech doesn't capture how complex the disease is."

"It's often from a complex figure of complex the disease is."


**Dictionary**

disease | dɪˈziːz | noun  
a disorder of structure or function in a human, animal, or plant, especially one that produces specific symptoms or that affects a specific location and is not simply a direct result of [more](#)


**Thesaurus**

disease noun  
ILLNESS, sickness, ill health; infection, ailment, malady, disorder, complaint, affliction, condition, indisposition, upset, problem, trouble, infirmity, disability, defect, abnormality; [more](#)

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**Open in Dictionary** 

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**Configure Dictionaries** 

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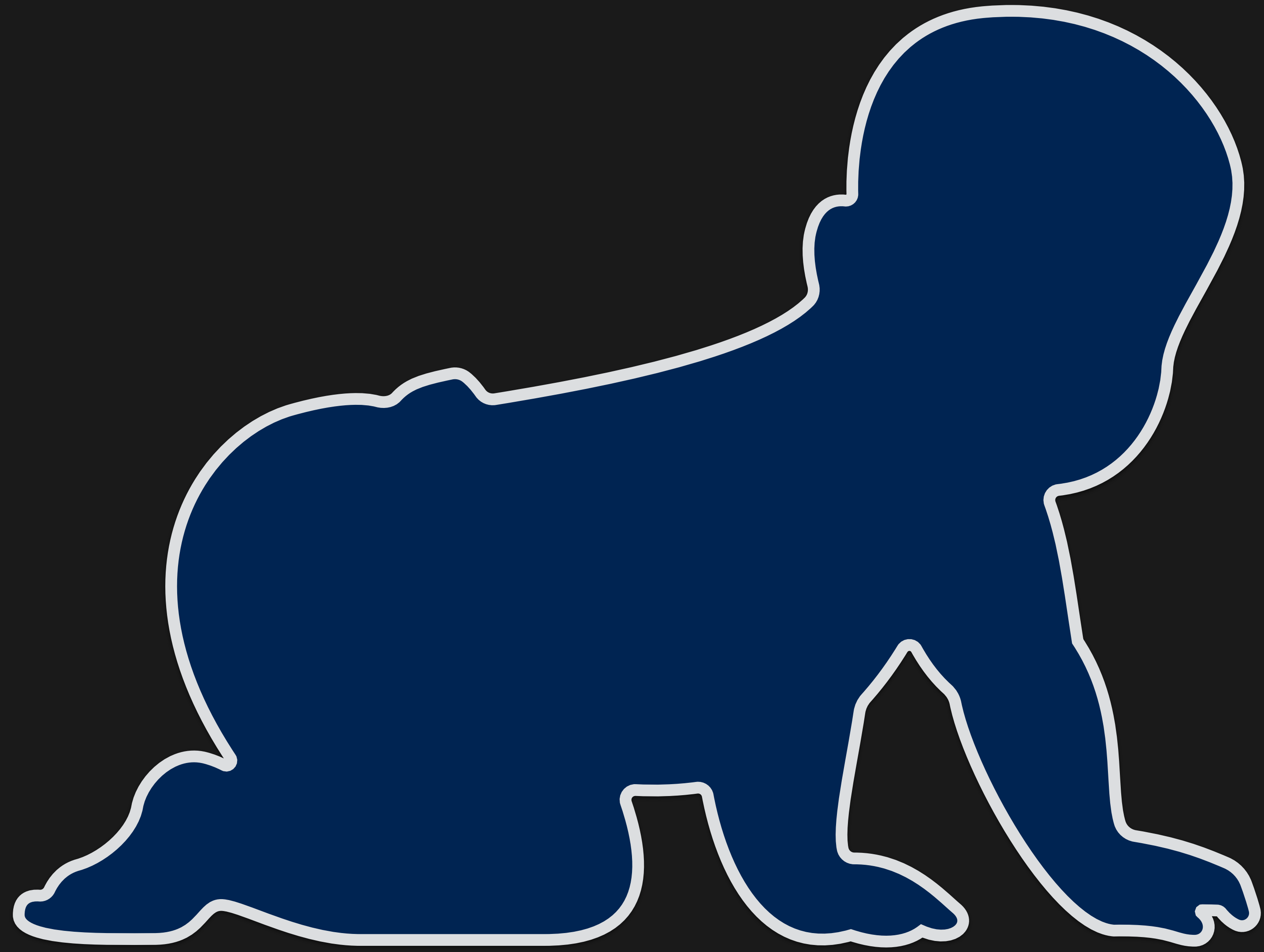
Dictionary   Siri Knowledge   Films   TV Programme

depression results  
ence, but that  
capture how



ATTEMPT: 0





"Honestly, I thought I'd given birth to a freak!"

- My Mother

What is normal?



**!NORMAL**

What is normal?



~~Y~~NORMAL



Schizophrenia ≠ dissociative personality disorder

OCD

OBSESSIVE  
COMPULSIVE  
DISORDER

Obsessive-compulsive disorder (OCD) is a mental disorder in which a person has certain thoughts repeatedly (called "obsessions") or feels the need to perform certain routines repeatedly (called "compulsions") to an extent which generates distress or impairs general functioning.

The person is unable to control either the thoughts or activities for more than a short period of time. Common compulsions include hand washing, counting of things, and checking to see if a door is locked.

These activities occur to such a degree that the person's daily life is negatively affected, often taking up more than an hour a day.



OCD

OCD

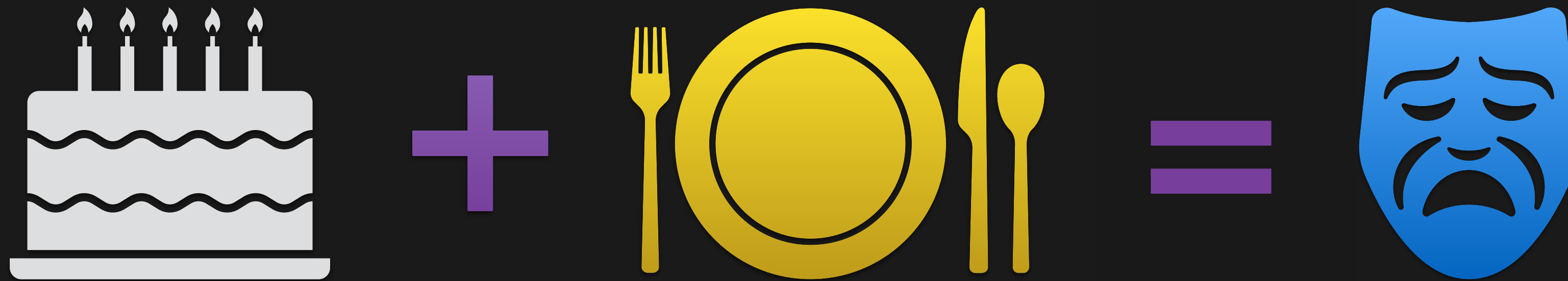
OCD



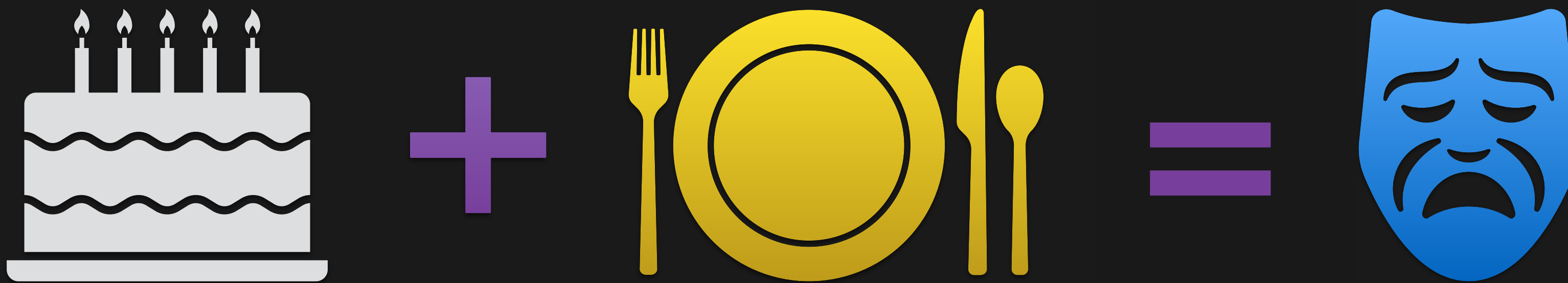




```
for food {  
    Eat()  
}
```









Ow! Get off!!!

CONTEXT





Tower Fitness  
CORPORATE BOXING

PRO-BOX

NES  
North Norfolk  
HOTTBS





Bou

HOT TUBS

ARCADIA  
HOME INTERIOR

DAVIS





ARCADI  
HOME INTERIO













"It's a cry for help!"

No, but it might be a desperate attempt to  
get away from your stupid twee  
euphemisms!

"It's a cry for help!"

No, it's attempt to make it stop!



*You can't help!*

*No one can help!*

"It's a cry for help!"

No, it's attempt to make it stop!

*I can't go on...*

*I don't deserve help!*



<There are no photos of this period of my life, save the one I showed you, and that belonged to a friend...>













**UEA TALENT CELEBRATION  
AWARD 2019**

FOR  
Most Supportive Employer

IS HEREBY AWARDED TO

*Tech Marionette*

Presented on 7 May 2019 by

*Sarah Barrow*

Sarah Barrow, Pro-Vice-Chancellor  
for Arts and Humanities



**UEA TALENT  
CELEBRATION  
AWARDS 2019**



CAREERCENTRAL



Hello!



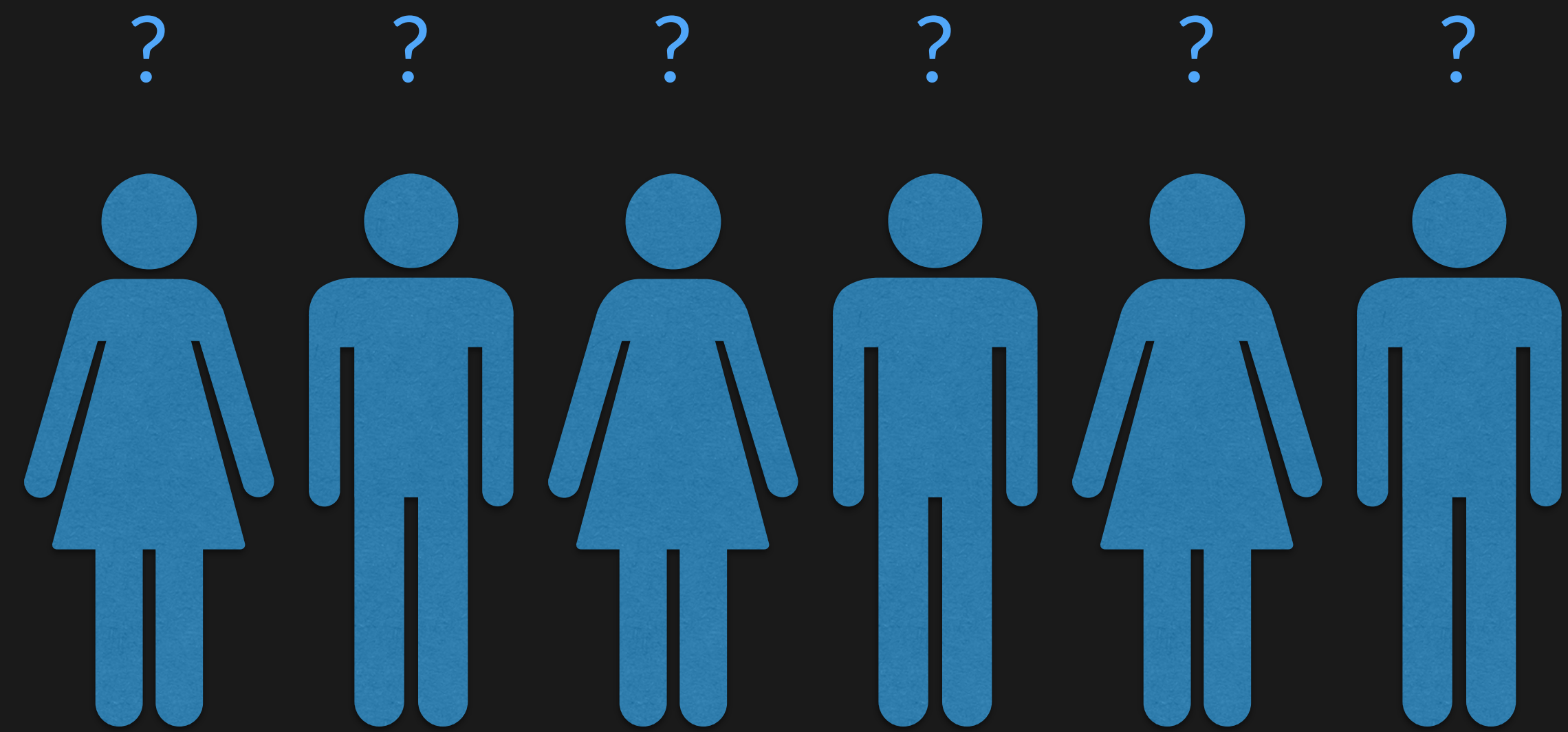
1 in 4 people will experience a mental health problem of some kind each year in England

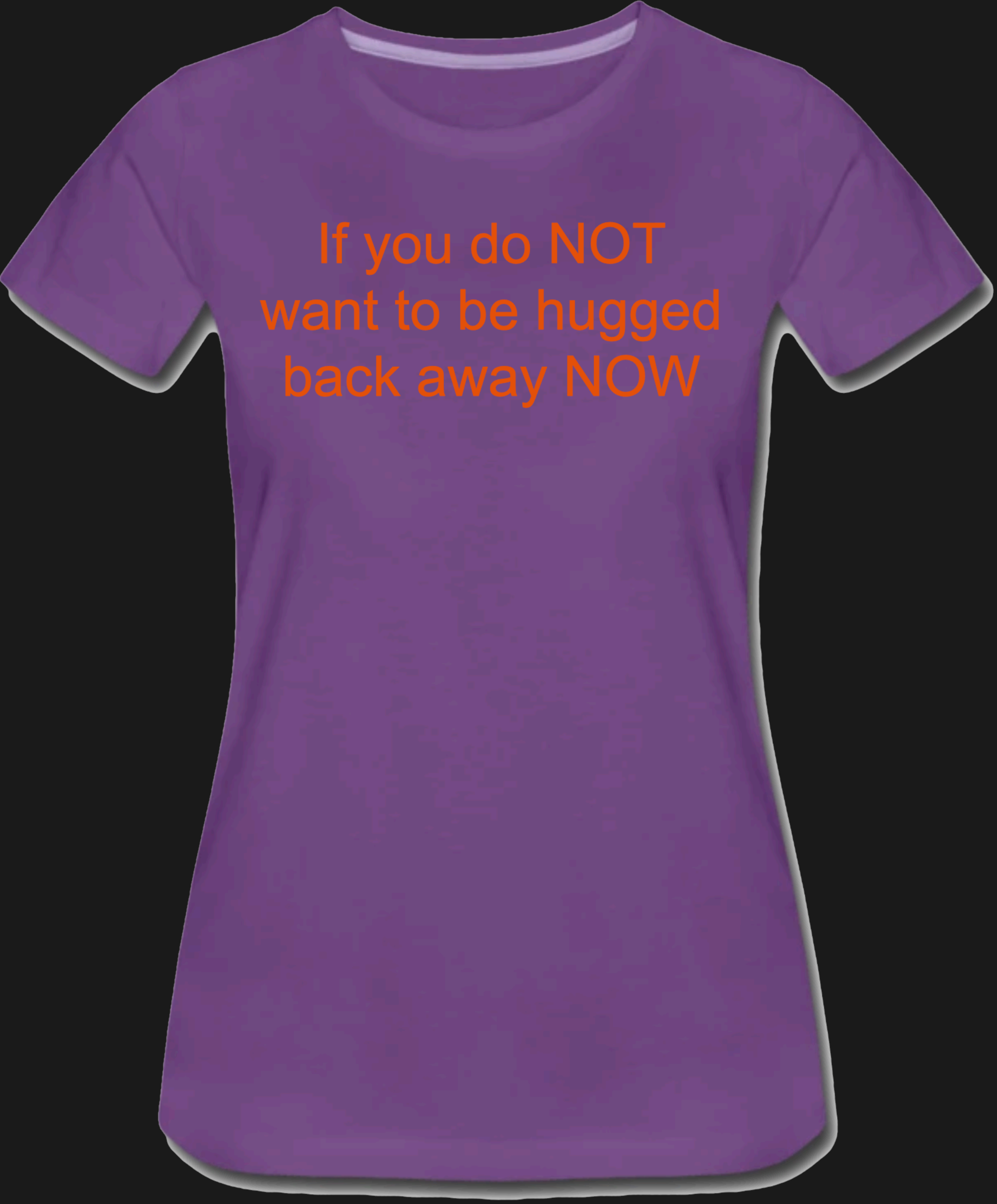
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/>

1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/>





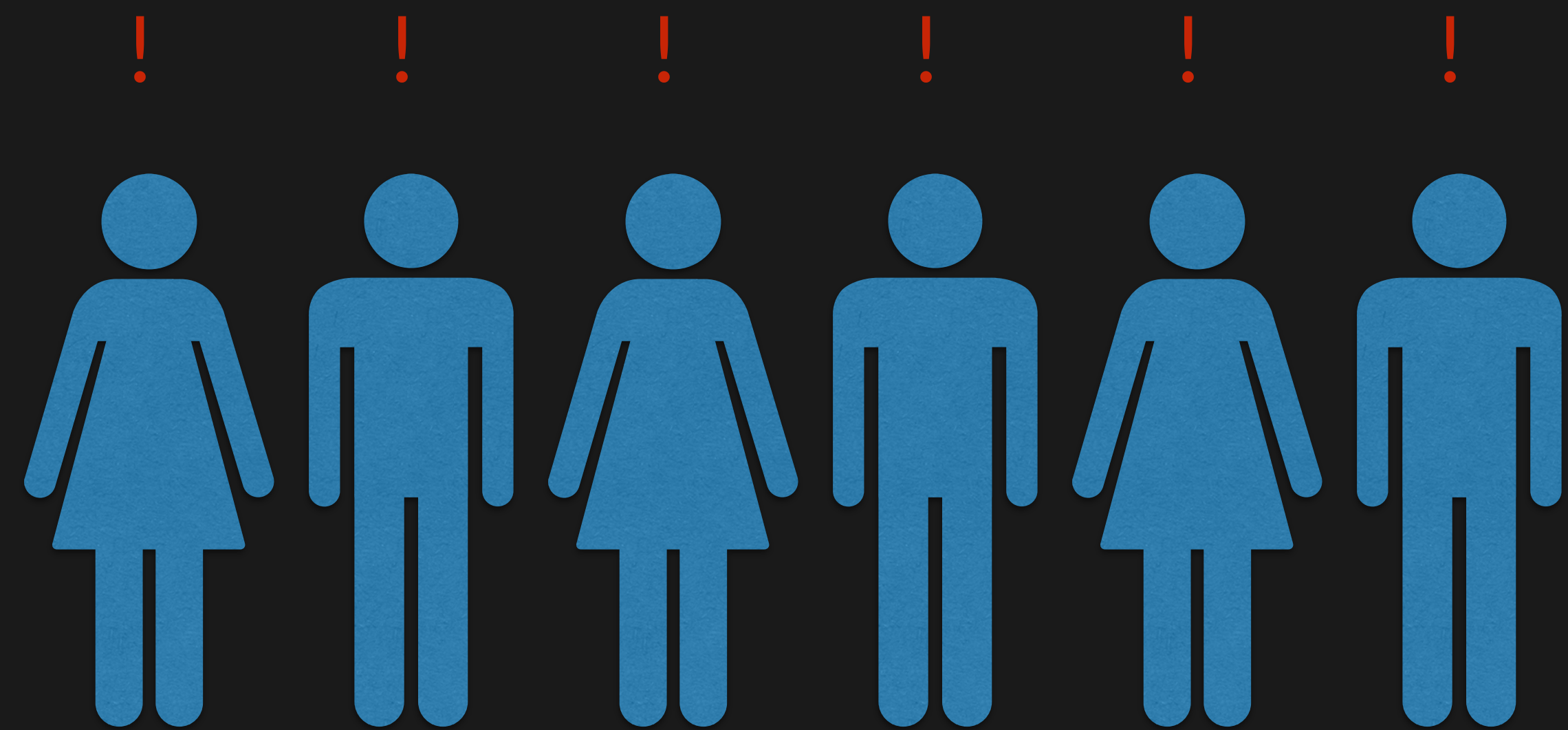
A purple t-shirt is centered against a black background. The t-shirt has a crew neck and short sleeves. In the center of the chest, there is text in a bright orange color. The text is arranged in three lines: "If you do NOT", "want to be hugged", and "back away NOW".

If you do NOT  
want to be hugged  
back away NOW











YOU ARE NOT ALONE!



I suffer from  
depression...



I suffer from  
depression...

Will this hurt my  
job prospects?

Will this hurt my company?



I suffer from depression...

Will this hurt my job prospects?



I suffer from  
mental health  
issues



# Borderline Personality Disorder

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Borderline personality disorder (BPD) [...] is a mental illness characterised by a long-term pattern of unstable relationships, distorted sense of self, and strong emotional reactions.

[https://en.wikipedia.org/wiki/Borderline\\_personality\\_disorder](https://en.wikipedia.org/wiki/Borderline_personality_disorder)















Forget the clouds, head  
in the stars!

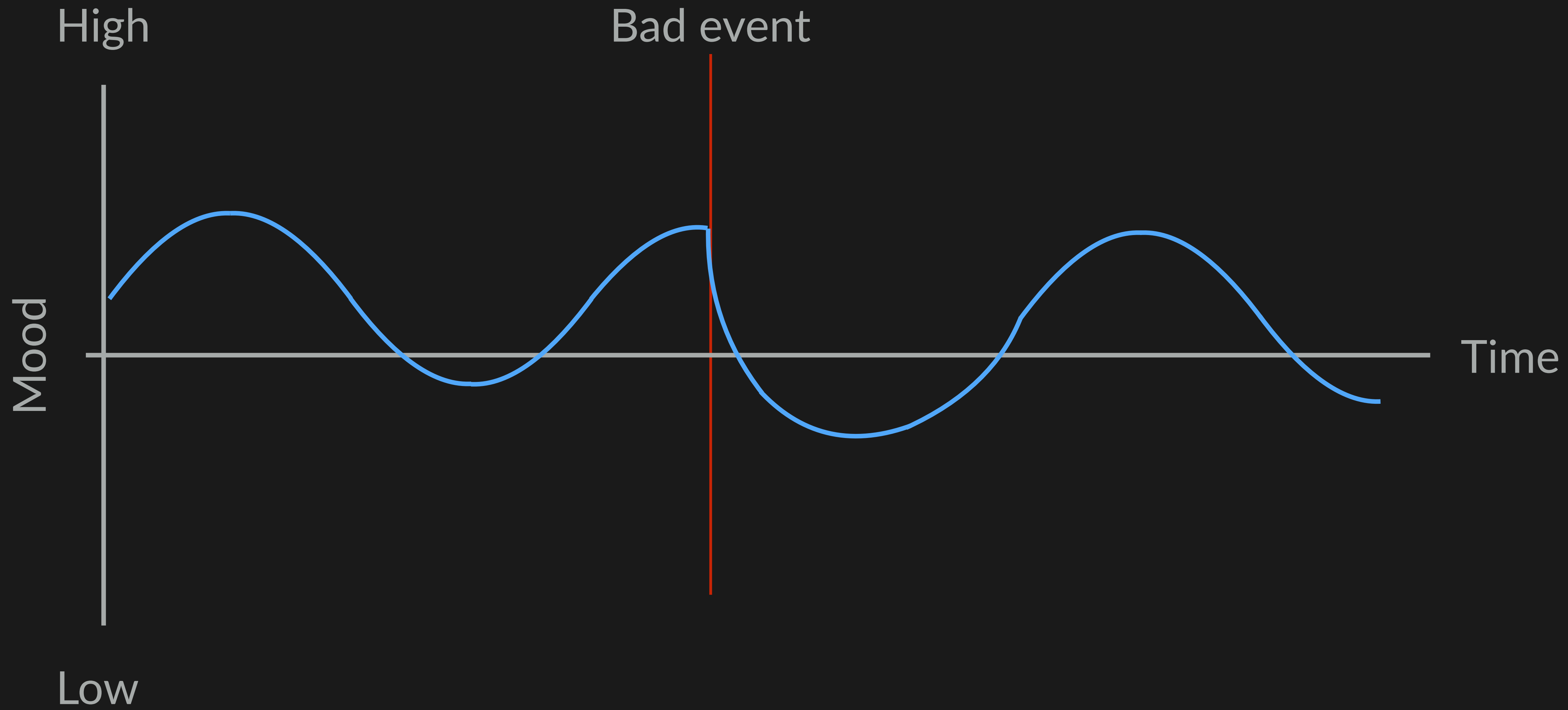


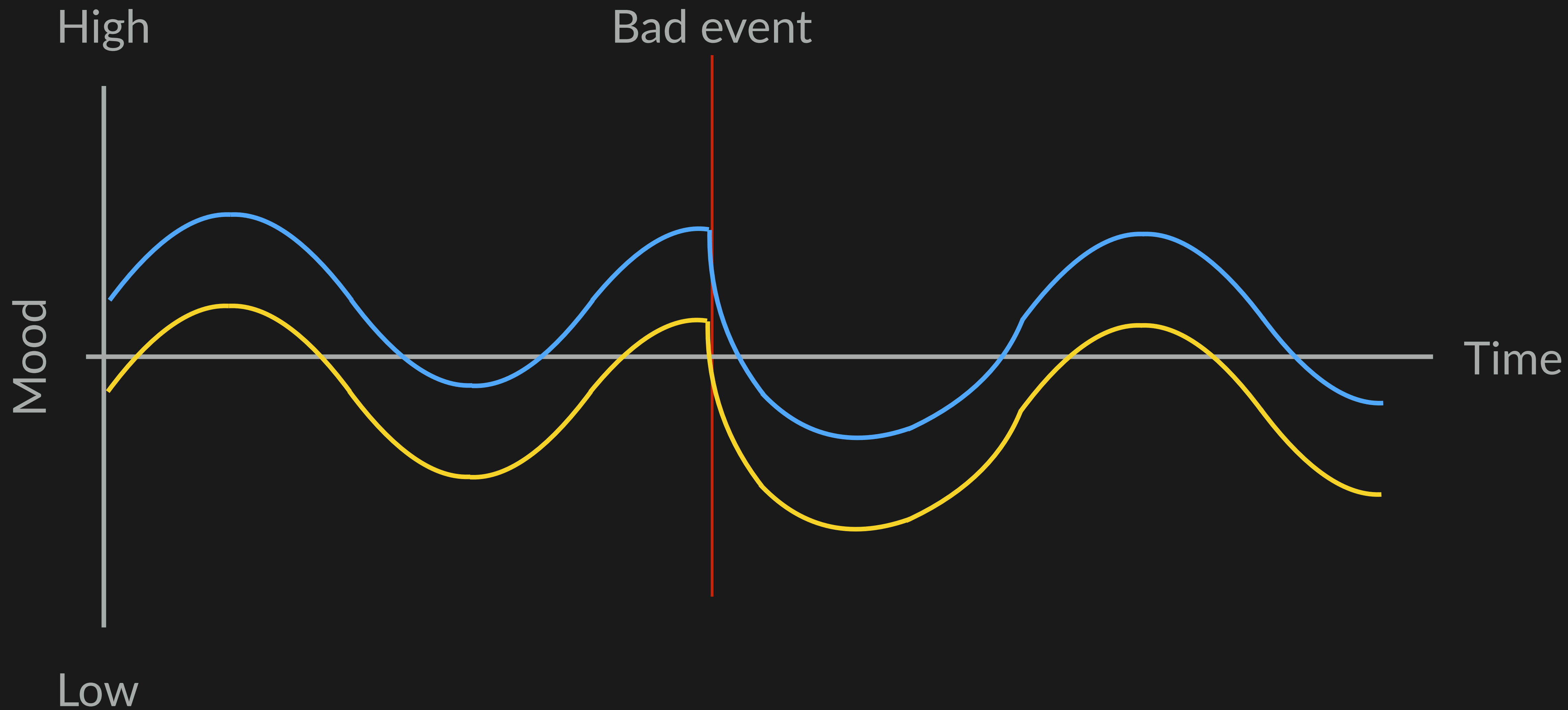


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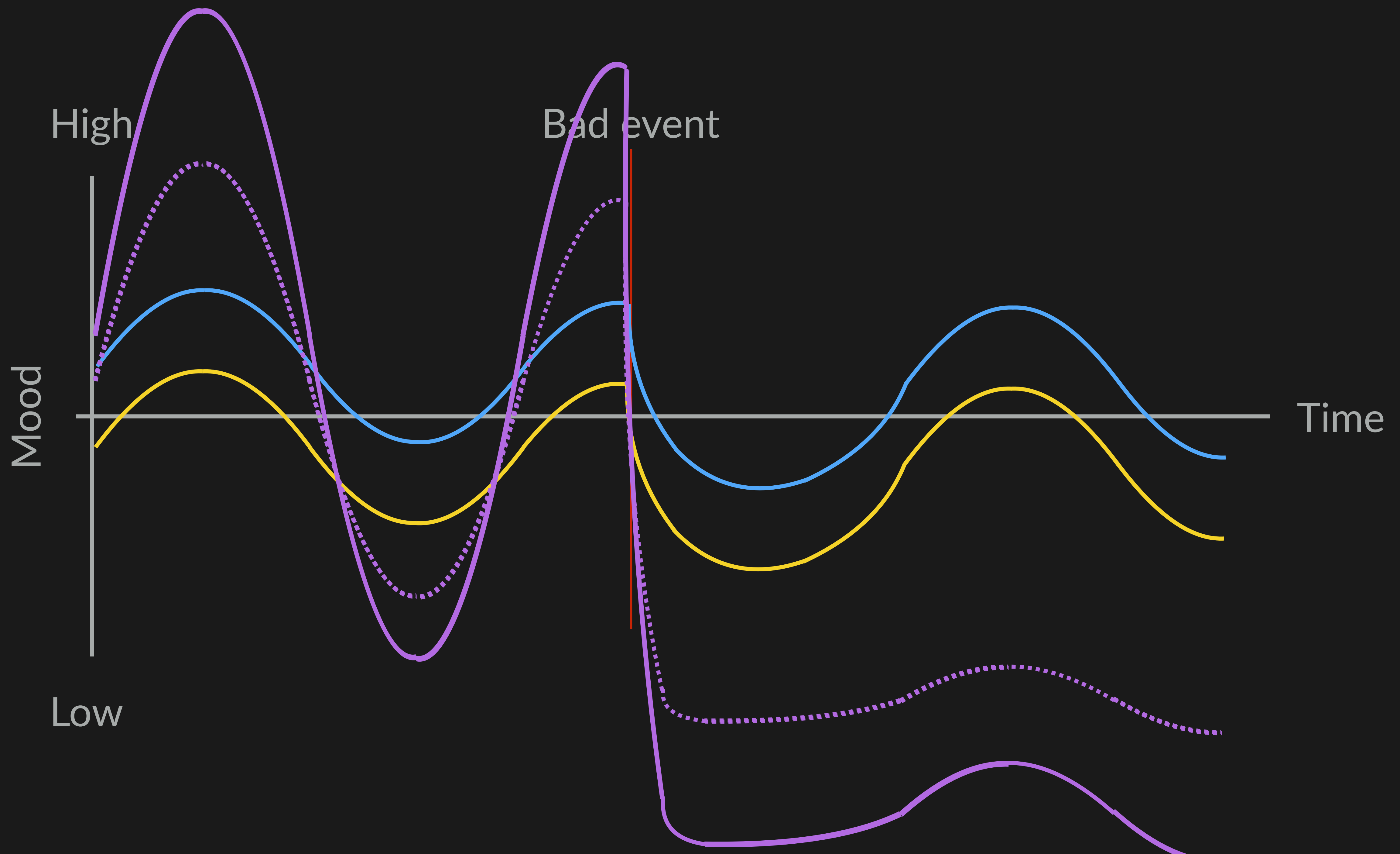
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ANYONE, OF ANY GENDER, AND  
ANY AGE CAN SELF HARM IN A  
MYRIAD OF DIFFERENT WAYS.

# Borderline Personality Disorder

Borderline personality disorder (BPD) [...] is a mental illness characterised by a long-term pattern of unstable relationships, distorted sense of self, and strong emotional reactions. Those affected often engage in self-harm and other dangerous behaviour. They may also struggle with a feeling of emptiness

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**Define reality**





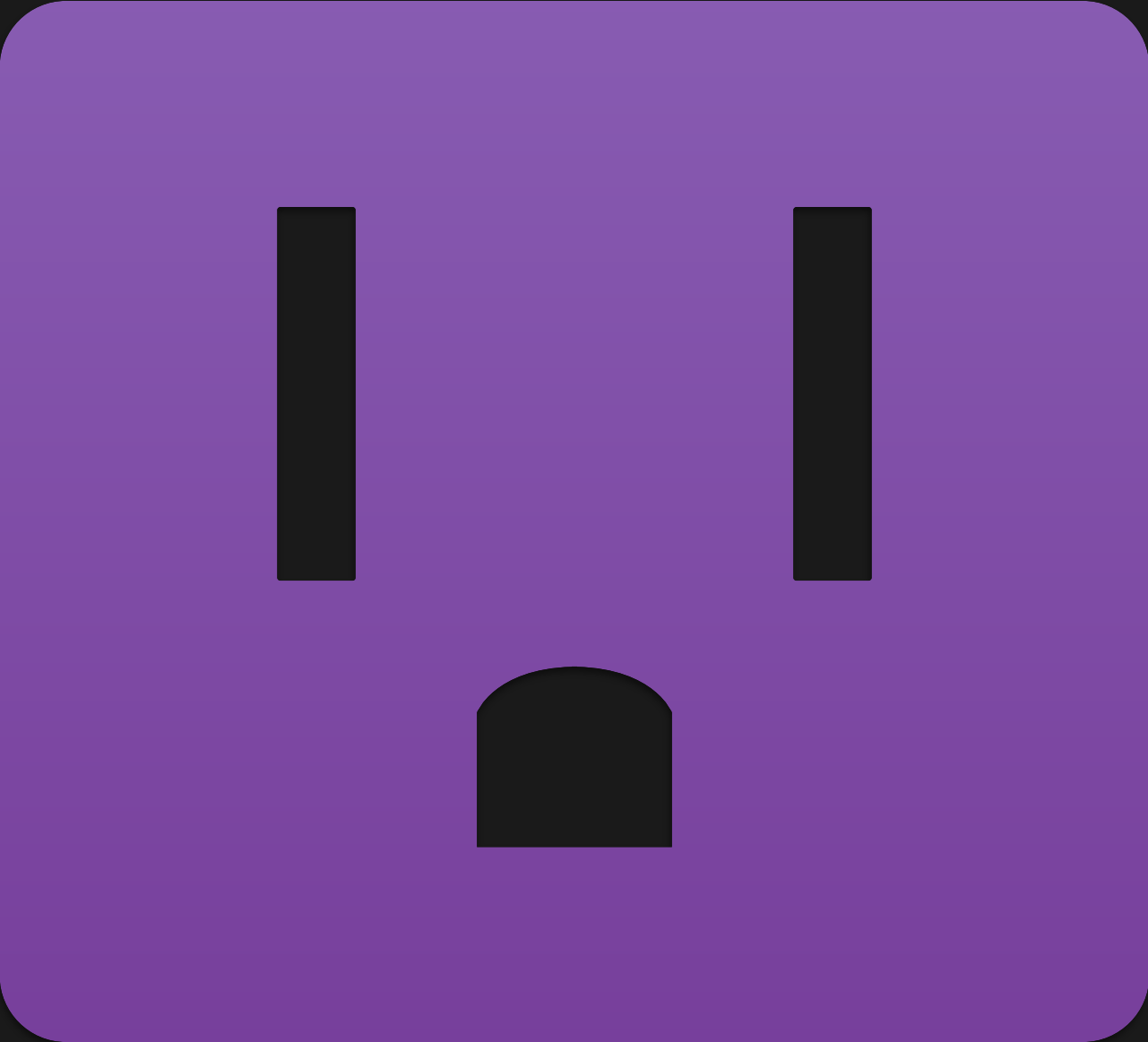
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 **Define normal**













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[https://en.wikipedia.org/wiki/Borderline\\_personality\\_disorder](https://en.wikipedia.org/wiki/Borderline_personality_disorder)



8.9

8.9 deaths per 100,000 population

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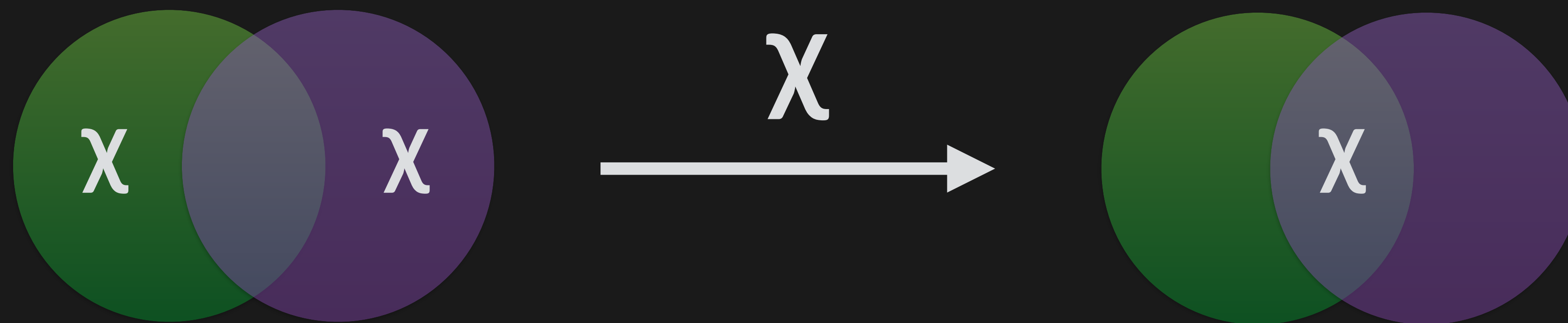
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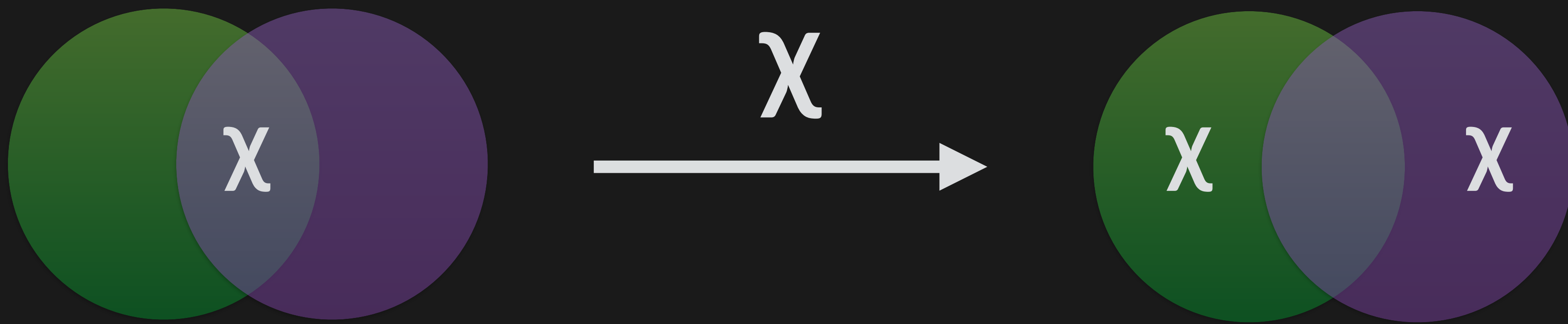
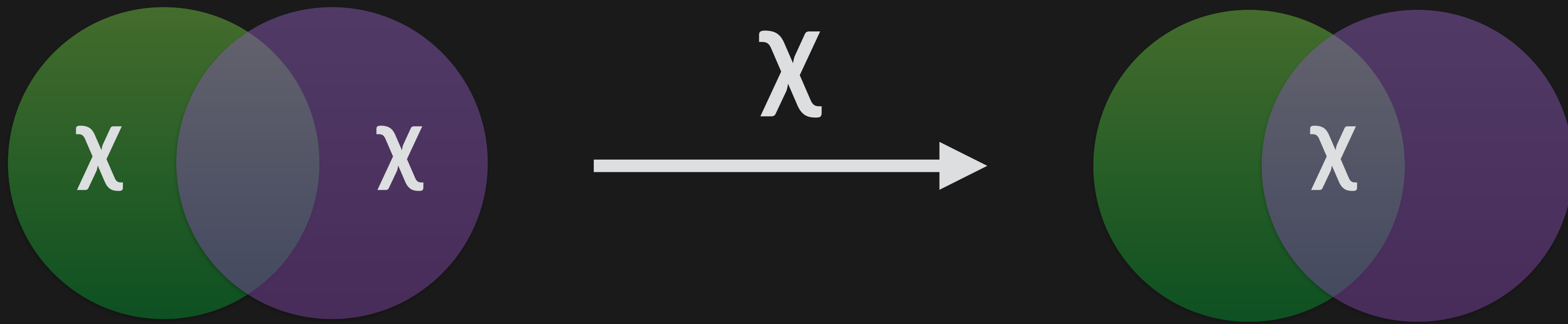
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The result is a self-fulfilling prophecy and a cycle of stigmatization to which both patient and therapist contribute.

EVERYTHING!







OH, IT'S REALLY  
SIMPLE, YOU JUST...













WORDS HAVE POWER.  
CHOOSE THEM WISELY!

"Life is chaos. Be Kind"

Michelle McNamara

ROBUST MENTAL  
HEALTH

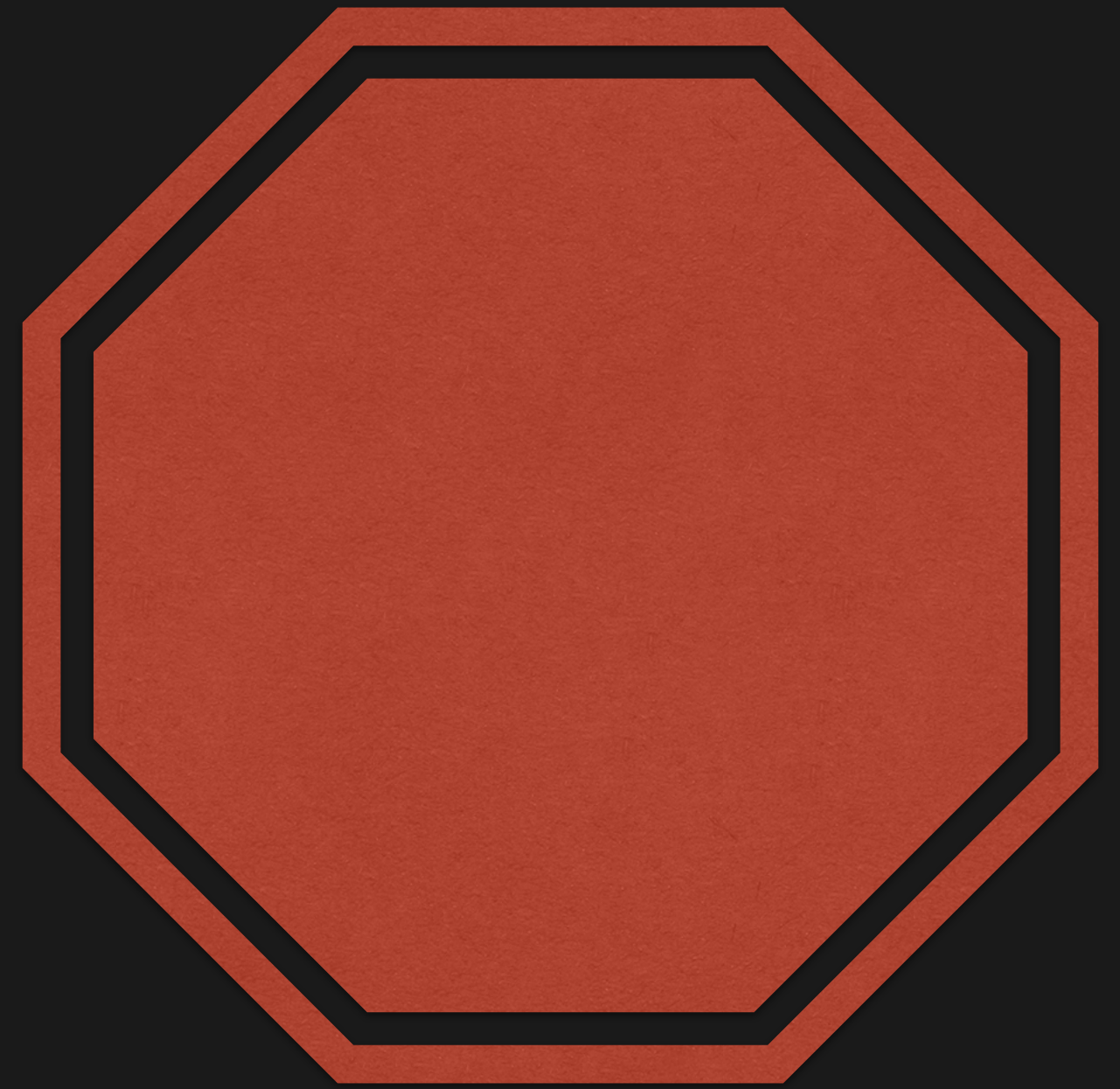


ROBUST MENTAL  
HEALTH





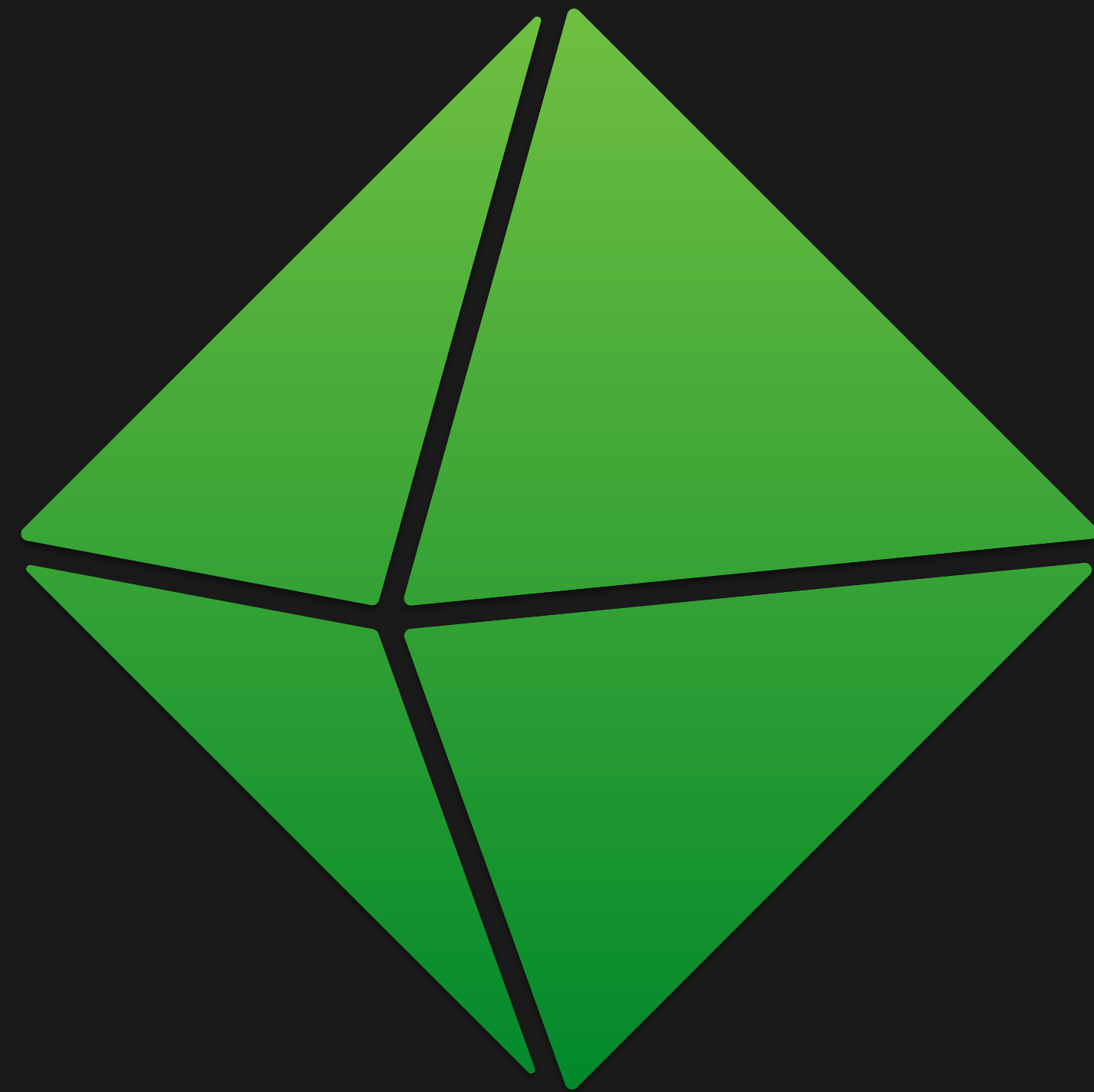




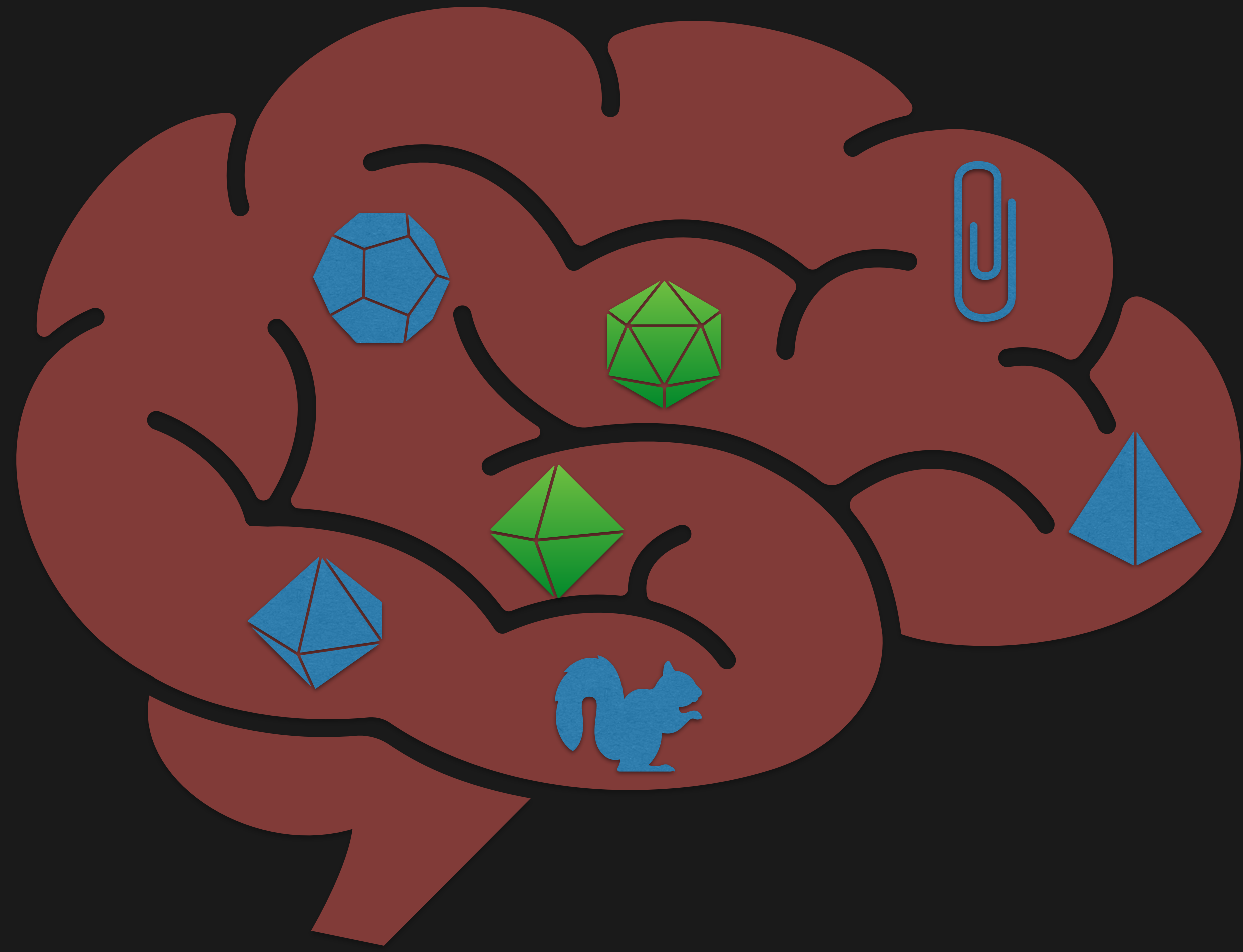














“For millions of years, mankind lived just like the animals. Then something happened which unleashed the power of our imagination. We learned to talk and we learned to listen. Speech has allowed the communication of ideas, enabling human beings to work together to build the impossible. Mankind's greatest achievements have come about by talking, and its greatest failures by not talking. It doesn't have to be like this. Our greatest hopes could become reality in the future. With the technology at our disposal, the possibilities are unbounded. All we need to do is make sure we keep talking.”

Stephen Hawking