

#Psybersecurity: **The Mental Health Attack Surface**

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Psybersecurity = Psychiatry + Cybersecurity

Mental Health Landscape of Cybersecurity:

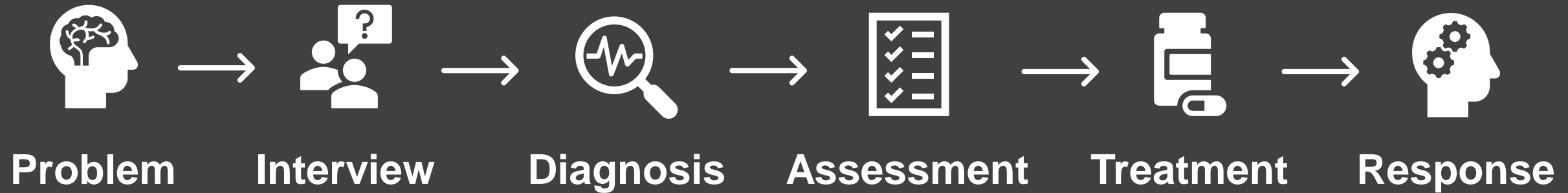
- **Constantly on alert for threats**
- **Uncertainty and the unknown**
- **Limited resources, information, time**

- **Stress**
- **Anxiety**
- **PTSD-like symptoms**
- **Depression**
- **Paranoia**

- **Impacts to both first responders and victims
(can be the same person)**

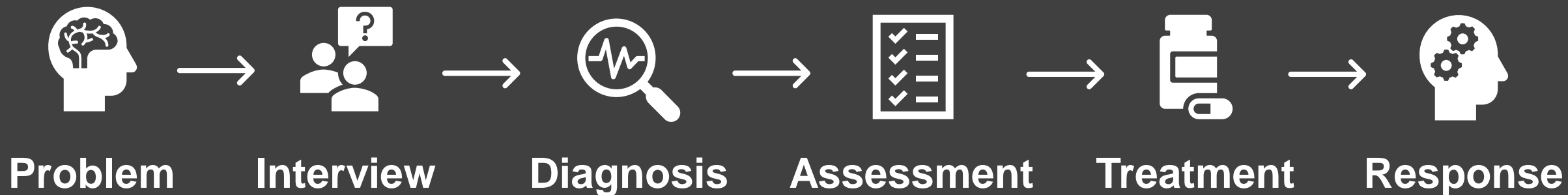
The Mental Health Attack Surface: Psychiatric Engineering

Psychiatric Care:



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Psychiatric Care:



Psychiatric Engineering:



Examples of COVID-19 Scams Revealing the Mental Health Attack Surface



- COVID-19 testing sites
- Masks, sanitizers, supplies
- Stimulus checks
- COVID-19 tracking apps
- Unemployment
- Charities

Psybersecurity: Mental Health as a Foundation for Security



- Be aware and recognize mental health.
- Build mental health into the security plan.
- Foster a daily habit and culture of supporting strong mental health.
- No one is alone. Stay connected and don't hesitate to get help from your trusted network.