THE MENTAL HEALTH EFFECTS OF VIOLENCE & RACIAL TRAUMA

How does Racial Trauma & Violence Make You Feel?

You may:

- Experience frustration about unfair or unequal treatment
- Feel stressed about violence and microaggressions and the impact of systemic racism on your life
- Constantly think about and re-experience distressing events
- Struggle with sleep or insomnia
WAYS TO SUPPORT MENTAL HEALTH

- Reach out for help. You don't have to navigate anything on your own.

- Limit your social media and news consumption. The constant replay of stories about traumatic events can increase stress.

- Remember that taking time to pause can enhance your mental health.

- Recognize your specific triggers and consider ways to manage them effectively.

- Incorporate regular movement and physical activity into your daily routine.

- Share your experiences. People who don't identify the violence and racial trauma they've experienced are often at higher risk for mental health struggles.

SUPPORTING OUR YOUTH

VIOLENCE & RACIAL TRAUMA

www.nationalyouthfoundation.org
Mental Health Resources

01
Break the Stigma

02
Call
If you or someone you know is struggling or in crisis, help is available. Call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Text for Help
Call or text 988 or chat 988lifeline.org. You can also reach the Crisis Text Line by texting MHA to 741741.

03
Get Creative
Engage in creative activities to help you express the thoughts and feelings that are weighing on your mind. Whether it’s music, painting, writing poetry, or any other form of artistic expression, creativity offers a valuable outlet for your emotions.

National Youth Foundation
www.nationalyouthfoundation.org