

THE MENTAL HEALTH EFFECTS OF VIOLENCE & RACIAL TRAUMA

How does Racial Trauma & Violence Make You Feel?

You may:



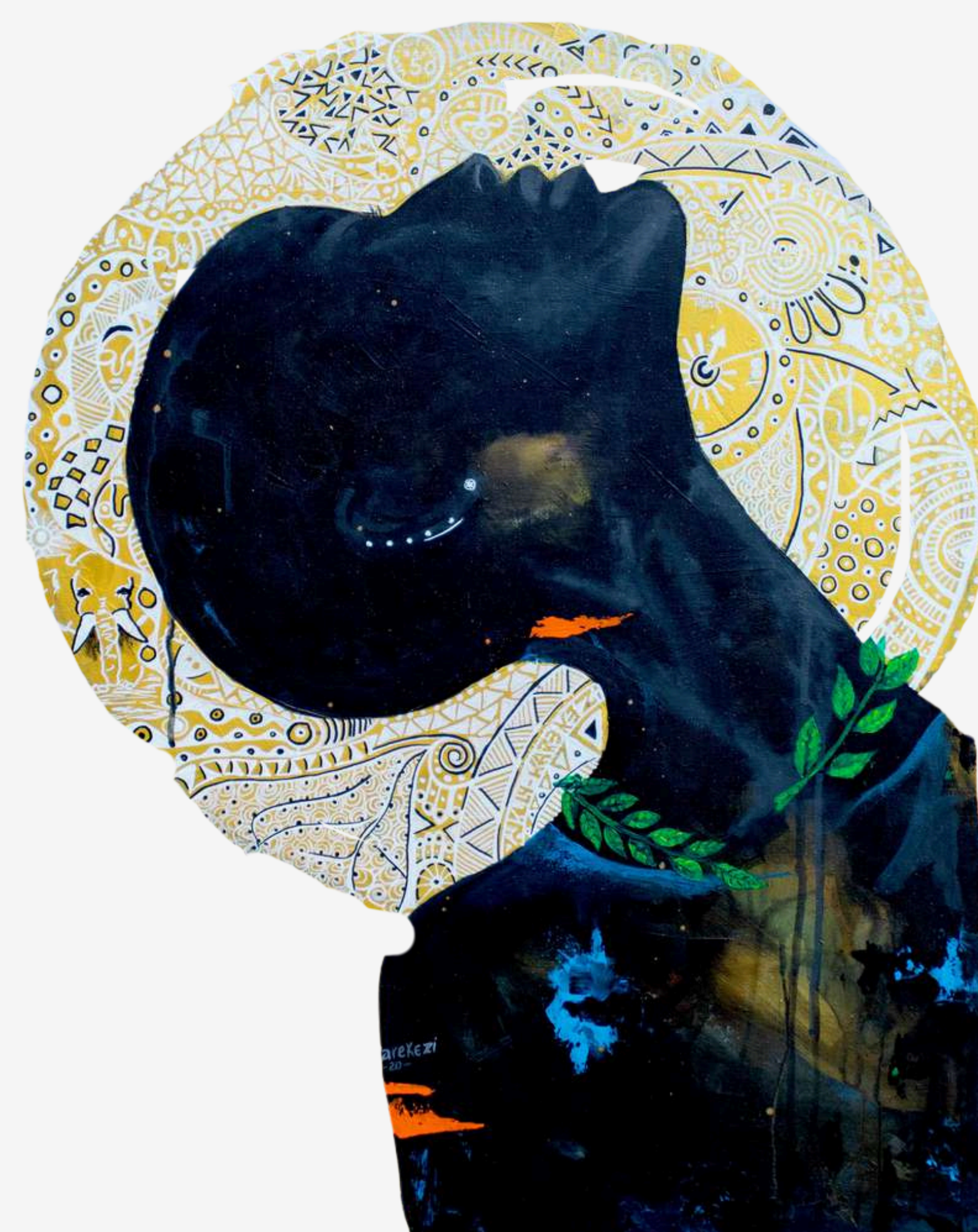
Experience frustration about unfair or unequal treatment



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

National
YOUTH
FOUNDATION

www.nationalyouthfoundation.org

VIOLENCE & RACIAL TRAUMA

SUPPORTING OUR YOUTH

WAYS TO SUPPORT MENTAL HEALTH



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

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

Incorporate regular movement and physical activity into your daily routine.

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

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

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.



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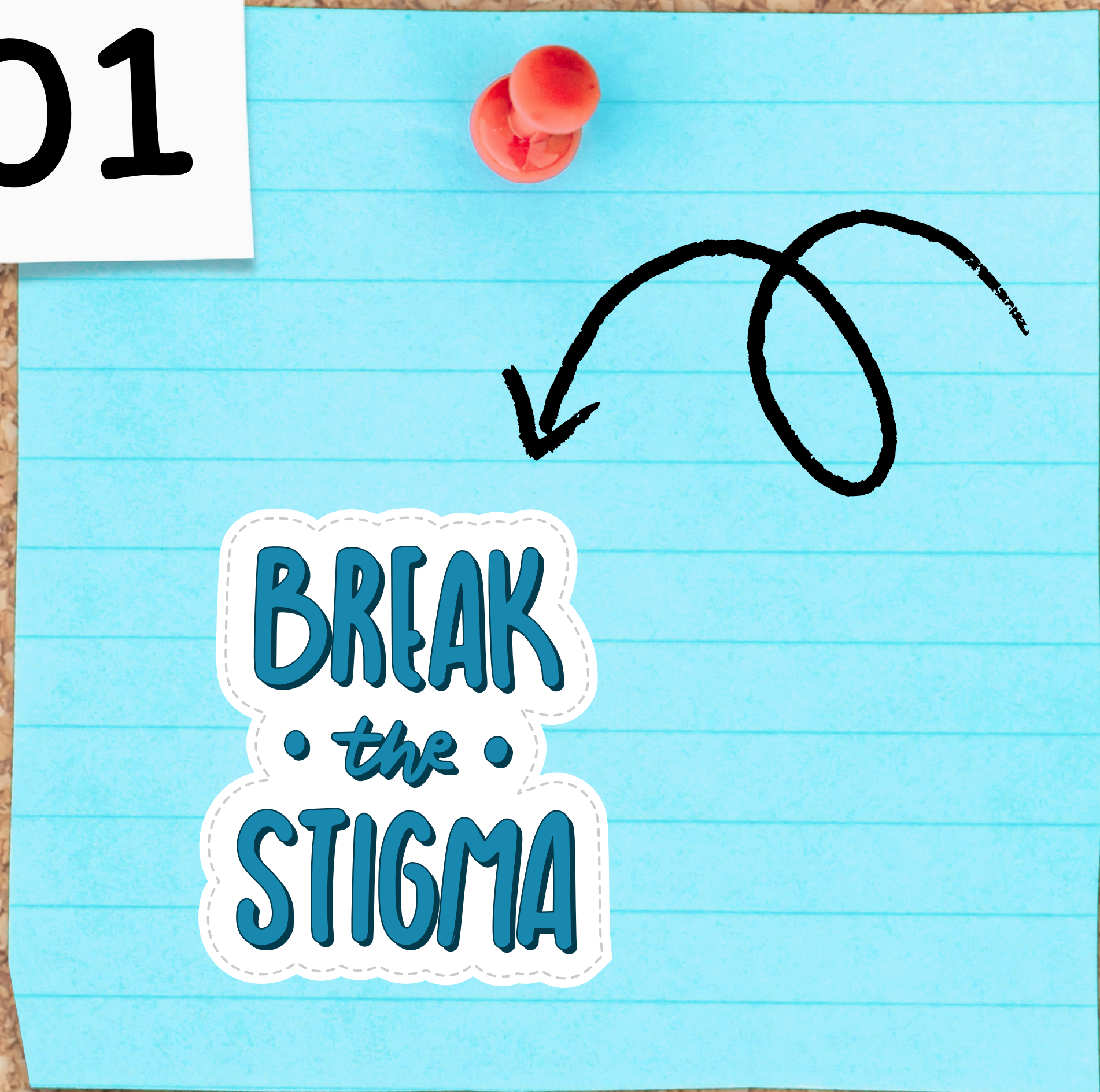


Mental Health



RESOURCES

01



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.

02



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.

03

