

RECOGNIZING ANXIETY + DEPRESSION IN THE BLACK COMMUNITY:

Anxiety can carry negative stigmas and can go underdiagnosed and undertreated in the Black community. Even though there are many forms of an anxiety disorder, like panic disorders and social phobia, one of the main anxiety disorders that often impacts the Black community is post-traumatic stress disorder (PTSD). PTSD often occurs when you have experienced or witnessed terrifying events like racial trauma and death. Here are a few signs to look for when determining whether you or someone you know might be struggling with PTSD.

SIGNS OF ANXIETY

1. DIFFICULTY EXPERIENCING POSITIVE EMOTIONS OR FEELING EMOTIONALLY NUMB



AVOIDING PLACES, ACTIVITIES OR PEOPLE THAT REMIND YOU OF THE TRAUMATIC EVENT OR HOPELESSNESS ABOUT THE FUTURE

3. FEELING DETACHED FROM FAMILY AND FRIENDS OR ALWAYS BEING ON GUARD FOR DANGER



FLASHBACKS OR RELIVING THE TRAUMATIC EVENT OR UPSETTING DREAMS OR NIGHTMARES ABOUT THE TRAUMATIC EVENT

HOW ANXIETY CAN SOUND:

“I'm very nervous about...”
“Every time I see... I feel uneasy”
“I don't like talking about... it makes me feel uncomfortable”

RESOURCES

www.brainandbodycoalition.org
www.adaa.org



SIGNS OF DEPRESSION

In the community, negative stigmas can be reinforced that tend to associate depression with weakness. However, it's important to be able to distinguish signs of depression from other daily emotions. Here are signs to look for when determining whether you or someone you know who might be struggling with depression:

1. FEELINGS OF SADNESS AND OR HOPELESSNESS LASTING CONSISTENTLY FOR MORE THAN TWO WEEKS



2.

SLEEPING TOO LONG OR TOO LITTLE

3. DIFFICULTLY CONCENTRATING OR MAKING DECISIONS



3.

4. LOSS OF INTEREST IN PERSONAL HOBBIES OR ACTIVITIES



HOW DEPRESSION CAN SOUND:

"I really don't care to do anything today..." "I know we had plans, but I can't seem to get myself out of this funk...."

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YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS LIFELINE



Supporting Communities Of Color