

# Recognizing Anxiety & Depression in the Black community:

## Signs of Anxiety

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.



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

Check out these helpful resources from ADAA to learn more about anxiety, PTSD and the Black community.  
 For more information, visit us: [www.adaa.org](http://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:



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..."

## Resources

Check out these helpful resources from ADAA to learn more about [depression](#) and the [Black community](#).  
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