



## PTSD: Recognizing Trauma and Embracing the Path to Healing

Post Traumatic Stress Disorder (PTSD) is more than a response to trauma. For many in the Black community, it's shaped by years of discrimination, racism and systemic injustice. Black veterans and civilians alike often face a longer, more difficult path to recovery, especially when care is not culturally informed or accessible. Addressing these realities is essential to healing.

### Navigating PTSD: How Trauma and Systemic Inequality Shape Mental Health

PTSD is a serious mental health condition that can develop after trauma. In the Black community, trauma often includes not just personal events, but also ongoing exposure to racial discrimination, violence and systemic injustice. These experiences can take a lasting toll on mental health. Research shows that Black adults, including veterans, are more likely to experience PTSD and face greater barriers when seeking culturally responsive care (Sibrava et al., 2019). Repeated experiences of discrimination have also been linked to more intense and long-lasting PTSD symptoms.

### Why It Matters

PTSD affects mental, physical and emotional health. Without support, symptoms can last for years. Many Black individuals and veterans face barriers to care, which delays healing. Culturally informed treatment can improve recovery and ensure people feel heard and understood.

### What Can You Do

- Learn how race-based and combat-related trauma can affect mental health.
- Seek mental health providers who are trained in culturally competent and trauma-informed care.
- Create or support safe spaces where people can talk openly about mental health in community and veteran settings.



For more information, visit [pmc.ncbi.nlm.nih.gov](https://pmc.ncbi.nlm.nih.gov).



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