



## ADAA Stands Against Racism

June 2, 2020

Dear ADAA Community,

The Anxiety and Depression Association of America's (ADAA) mission is more critical than ever. Since ADAA's founding 40 years ago, we have been committed to ensuring that everyone who struggles with an anxiety disorder, depression or PTSD can obtain the resources they need to live healthier and more productive lives.

Over the last few months, we have seen that many of our poorest neighborhoods and communities of color have suffered disproportionately from the spread of COVID-19. Many of these same marginalized communities are also grappling with economic uncertainty, and now with the recent killing of George Floyd following so many other killings of African Americans, with increased mental health issues. ADAA's mental health experts understand that exposure to these pervasive racial traumas and stressors are detrimental to one's mental health. We also know that many people of color who suffer from mental health issues also experience [less access to care and services](#).

Although the exact impact of COVID-19 on the mental health of racial and ethnic minorities in the United States remains unknown, prior research and the presence of multiple stressors suggests a bleak outcome. After battling the infection, survivors face the risk of long-term mental health consequences. One year after the [SARS outbreak](#) in 2003, 64% of surveyed survivors in China reported symptoms suggestive of a clinically significant mental health condition. Similar rates following the COVID-19 pandemic would be devastating for racial and ethnic minorities that have experienced higher [infection rates](#) and [death rates](#) than their white counterparts. The compounded stress from losing loved ones, the ongoing threat of infection, unmet basic needs, and economic instability resulting from systemic racism increases risk for anxiety, depression, and posttraumatic stress.

ADAA is committed to developing more resources for the public and our members on [both COVID-19](#) and on how racism impacts the mental health of people of color. Many of our members are [speaking with the media](#) about this topic and we are sharing articles, tv and news segments on a daily basis. Many members are sending us [blog posts](#) and [hosting webinars on these topics](#). We ask that you reach out to us with ideas and suggestions on how we can augment these important resources for both our professional and public communities. And we encourage all members to continue writing and sharing blog posts with us on this topic. We also ask that you share links with us to helpful resources and ways people can use their time and voice to stand against racism and discrimination and to actively help those communities that are struggling. Please reach out to [membership@adaa.org](mailto:membership@adaa.org) with content you would like ADAA to share.

These are uncertain and troubling times. We are grateful to our valued members for their daily efforts to share their expertise and time with their peers and the public. We stand together to promote unity, inclusion and mental health [for all](#). Racism has no place in our mission.