

Racial stress and discrimination

Responding to Racial Stress With Support

Adults | 10 to 15 minutes

Racial stress or discrimination can affect safety, belonging, opportunities, and wellbeing. You do not have to prove your experience to use this page. Focus on what you need now, including support, rest, documentation if safe, or advice about available options.

Choose one event or ongoing pattern. Share only the detail you want and consider privacy before recording identifying information.

Keep context visible

Describe the conduct or condition and its effect on you. Separate responsibility for the harmful behavior from the burden of deciding how to respond.

Choose support without obligation

Consider a trusted person, culturally responsive clinician, advocate, or appropriate adviser. Reporting or confrontation is not required; discuss possible consequences and resources before choosing a route.

1. What happened or continues to happen, in the terms I choose?**2. What effect does it have on my safety, access, or wellbeing?****3. What support or practical information would help me decide?****4. What response or boundary fits my priorities and current safety?****Clinical use and adaptation**

Validate context and avoid demanding proof or reframing racism as cognitive distortion. Explore structural barriers and intersectional identities. Do not prescribe confrontation, guarantee reporting outcomes, or provide legal conclusions; offer appropriate support and referral.