

HOW TO EMBRACE IDENTITY AND MENTAL HEALTH IN MULTIRACIAL COMMUNITIES

WHY IS IDENTITY SO IMPORTANT?

For many in multiracial communities it can be difficult to find a balance between the identities and cultures they embrace while aligning with a sense of who they are as individuals. Sometimes it can even result in feelings of displacement, inadequacy, and racial ambiguousness and can ultimately contribute to mental health challenges like anxiety and depression.



FIND A SENSE OF COMMUNITY

Constantly being asked, "What are you?" as it relates to your identity can cause feelings of self-doubt and personal crises in relation to how you identify versus how you may be perceived by others. These experiences are far too familiar to those within multiracial communities. Finding a community to relate to and support you when you might be dealing with discrimination, prejudice, exclusion or other microaggressions, can remind you that you are not alone.



INFORMATION IS YOUR FRIEND

Because cultural and self-identity is important to members of the community, the more willing you are to learn about your diverse identity, the more equipped you will be. Each race has its own experiences and mental health challenges. Take the time to ask questions and do the needed research to gain more information and a better understanding of your cultural background.



Check out these helpful resources to learn more about [Multiracial Communities](#) and anxiety and depression. For more information visit: www.adaa.org