

APA Official Actions

Position Statement Against Racism and Racial Discrimination and Their Adverse Impacts on Mental Health

Approved by the Board of Trustees, July 2024

Approved by the Assembly, May 20024

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“Policy documents are approved by the APA Assembly and Board of Trustees. . . These are . . . position statements that define APA official policy on specific subjects. . .” – *APA Operations Manual*

Issue:

The American Psychiatric Association recognizes that racism and racial discrimination adversely affect mental health by diminishing an individual’s self-image, confidence, and optimal mental functioning. Racism and racial discrimination are two of several factors leading to mental health care disparities. The APA believes that all forms of racism and racial discrimination affect mental health and wellbeing and negatively impact the nation as a whole.

APA Position:

The APA opposes racism in all its forms and recognizes the harmful impact of racism and racial discrimination on mental health.

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